

Special Issue

Dietary Strategies and Nutritional Supplements to Optimize Athletic Performance

Message from the Guest Editor

We invite contributions that examine evidence-based dietary interventions, the impact of hydration strategies, and the potential benefits of emerging and new supplements. By fostering a deeper understanding of these topics, we aim to equip athletes, coaches, scientists, and sports nutritionists with the knowledge needed to make informed dietary choices that enhance performance and promote long-term health, improving the scientific knowledge behind nutrition and its transformative effects on sports achievements.

Guest Editor

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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