

Special Issue

Nutrition for Human Health, Performance and Recovery

Message from the Guest Editors

Evidence-based research suggests that nutrition (macronutrients, micronutrients) and dietary supplement ingredients (creatine monohydrate, caffeine, amino acids, nitrates, buffers), with and without exercise, have the potential to attenuate symptoms of disease and illness, improve body composition and cognition, increase muscle strength, endurance, power, and functionality, enhance athletic and exercise performance, and augment aspects of recovery. This Special Issue will highlight research evaluating the effects of selected nutrient and dietary supplement ingredients on human health, performance, and recovery. Original research involving the role of selected ingredients on cellular pathways involving human physiology and exercise will also be welcome.

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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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