

Special Issue

Nutritional Supplements and Diet in Athletic Performance

Message from the Guest Editors

Evidence from various preclinical and clinical studies has revealed that various dietary components (e.g., nutrients, phytochemicals, prebiotics/probiotics, etc.) play a significant role in exercise performance and have emerged as potential ergogenic agents in a broad range of exercise scenarios and models.

Even well-established supplements with a higher level of evidence may have limitations regarding their specific populations, the mechanisms by which they act, and the interactions between them.

Dietary supplement regulation, efficacy, safety, contamination, supplementation during sports, ergolityc effects, knowledge about supplementation, quality of sleep, and the cellular mechanisms induced by supplements are the focuses of this Special Issue, but there is no limit to these topics.

Importantly, dietary strategies involving train gut, sleep low, train low, train high, carbloading, and other fueling strategies, as well as energy restriction, are also within the scope of this Special Issue.

This Special Issue includes articles that provide novel insights into how supplements and dietary strategies may counteract metabolic disruptions and improve athletic performance.

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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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