

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.

Guest Editors

Dr. Caio Eduardo Gonçalves Reis

Department of Nutrition, School of Health Sciences, Universidade de Brasília (UnB), Campus Darcy Ribeiro, Asa Norte, Brasília 70910-900, Brazil

Dr. Wilson De Moraes

Graduation Program on Physical Education, Catholic University of Brasília, Brasília 71966900, Brazil

Deadline for manuscript submissions

25 September 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/218041

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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