

## Special Issue

# Sport Nutrition: The Role of Minerals and Micronutrients in Exercise Performance and Recovery

### Message from the Guest Editor

We invite the submission of research articles, brief reports, and systematic reviews to our Special Issue entitled “Sport Nutrition: The Role of Minerals and Micronutrients in Exercise Performance and Recovery.” This Special Issue will encompass the scientific literature exploring the effects of various nutrients including minerals, vitamins, macronutrients, ergogenic aids, etc. on exercise performance and recovery. Additionally, articles of interest would evaluate the influence of dose and timing of consumption as it relates to exercise performance and recovery. Importantly, we welcome articles that utilized athletic and non-athletic populations for their studies.

---

### Guest Editor

Dr. Samantha McDonald

College of Applied Science and Technology, Illinois State University, Normal, IL 61761, USA

---

### Deadline for manuscript submissions

closed (5 February 2025)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0

CiteScore 9.1

Indexed in PubMed



[mdpi.com/si/211583](https://mdpi.com/si/211583)

*Nutrients*

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

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed

---



[mdpi.com/journal/  
nutrients](http://mdpi.com/journal/nutrients)

---



## 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. Lluis 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 (IUIBS), 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

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)