

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

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Deadline for manuscript submissions

closed (5 February 2025)



Nutrients

an Open Access Journal
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Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/211583

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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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