

Special Issue

Nutrition, Dietary Supplements and Ergogenic Aids in the Treatment of Sarcopenia and Associated Conditions

Message from the Guest Editors

Sarcopenia generally refers to age-related decrease in muscle quantity, strength, and physical performance. Sarcopenia is associated with other age-related conditions such as osteoporosis, obesity, type II diabetes, cardiovascular disease, cachexia, and physical frailty. With the expected increase in the global population, lifestyle interventions involving nutrition will continue to be important in the pursuit of healthy and successful aging. This Special Issue will highlight research involving the interactions between nutrition, dietary supplements, and ergogenic aids on sarcopenia and associated age-related conditions. Original research, reviews and meta-analyses, and randomized controlled trials involving nutritional interventions on cellular pathways involving aging physiology are also welcomed.

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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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