

## Special Issue

# Health Effects of Sport-Related Nutritional Supplements

### Message from the Guest Editor

The global use of dietary supplements by athletes at all sporting levels, as well as their non-physically active counterparts, continues to increase. While the use of “sports supplements” is ubiquitous, quality research demonstrating their benefits to health and performance is not. However, there are notable exceptions of substances that have demonstrated tangible circumstantial benefits to athletes and non-athletes, including: creatine; protein/essential amino acids; beetroot/nitrate; omega-3 fats; taurine; curcumin; coQ10; arginine/citrulline; astaxanthin; vitamin D; beta alanine/carnosine; and L-carnitine. The potential benefits of these compounds on cardiovascular, metabolic, bone/joint, muscle and brain health are notable and should not be ignored. In this Special Issue, “Health Effects of Sport-related Nutritional Supplements”, we invite the submission of original articles and review articles addressing topics within this theme with an emphasis on human data.

### Guest Editor

Dr. Tim Ziegenfuss

The Center for Applied Health Sciences, 6570 Seville Drive, Canfield, OH 44406, USA

### Deadline for manuscript submissions

closed (5 February 2024)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/150765](https://mdpi.com/si/150765)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto: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](https://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. 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

---

### 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)