

Special Issue

Nutritional Supplements to Optimize Exercise Performance

Message from the Guest Editors

The ability of nutritional supplements to optimize performance has long been an area of focus within the field of sports nutrition and human performance. There are hundreds of nutrients, such as creatine, beta-alanine, vitamin D, nitrates, and caffeine, that have been well-studied, with consistent evidence supporting their ability to improve athletic performance and health. However, there continues to be a need to explore additional nutrients of interest, as well as alternative applications or potential benefits in unexplored populations. Nutritional supplementation studies including younger athletes and female athletes are understudied and therefore will be an area of interest for this Special Issue. Similarly, long-term supplementation studies are also needed to better understand the implications of continued supplementation on training adaptations and overall health in athletic populations.

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Deadline for manuscript submissions

closed (25 August 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/217203

Nutrients
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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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