

Special Issue

The Role of Protein and Carbohydrate Supplementation in Improving Athletic Performance

Message from the Guest Editor

Nutritional status represents a significant determinant of athletic performance. Research related to sports nutrition has received extensive attention in recent years. The specific strategies of nutritional supplementation vary depending on the sport in which the athlete is engaged. Protein supplementation constitutes an essential component of strength training, whereas carbohydrate supplementation is closely linked to endurance performance. Appropriate carbohydrate and protein supplementation is crucial for promoting athletic performance and recovery from fatigue. Therefore, this Special Issue of *Nutrients* is focused on investigating the effects of protein and carbohydrate supplementation on athletic performance across various sports, and seeks to explore optimal nutritional interventions to enhance athletic performance. Additionally, studies related (but are not limited) to the effects of protein and carbohydrate supplementation on athletes' performance and physiological functions are encouraged. Original research articles and reviews are eligible for submission.

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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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