

Special Issue

New Ergogenic Aid Supplementation Methods and Exercise Performance

Message from the Guest Editors

The effects of ergogenic aid supplements have been widely studied in relation to exercise performance. However, traditional ergogenic aids can be ingested through different methods that may affect the effectiveness of the supplement. For example, caffeine is one of the most popular supplements used by athletes. Traditionally, caffeine supplementation is recommended 60 minutes before exercise through the use of capsules or energy drinks. However, caffeine supplementation through caffeinated chewing gum can achieve the highest blood concentration 15 minutes after supplementation. This method may further increase the effect of caffeine on sprint or strength performance. This Special Issue is expected to include a variety of traditional nutritional supplements that are supplemented using different methods to see if they have different effects on exercise performance. We also look forward to receiving information on the effects of different types of supplements on performance and recovery.

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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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