

Special Issue

Nutritional Strategies to Enhance the Immune Response to Exercise, Stress and Competition

Message from the Guest Editor

For many years, high-level athletes modified their diet and used nutritional supplements to improve their performance. Often times, these practices allow the athlete to maintain or enhance their training, thereby improving their performance in the long term. While the importance of the immune system in recovery following exercise cannot be overstated, the ability of an athlete to avoid illness is equally important when it comes to maintaining training to preserve their performance. As such, the use of various nutritional strategies and supplements to enhance their immune response following exercise and other forms of physical stress represent an appealing approach to ensuring performance readiness. Therefore, please consider submitting your latest research examining the use of various nutritional strategies to improve immune functions following exercise, stress and competition. Review papers that provide unique perspectives and summarize current evidence in this field are also encouraged.

Guest Editor

Dr. Adam Jajtner

Exercise Physiology, School of Health Sciences, Kent State University,
Kent, OH 44240, USA

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

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

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