

Special Issue

Individualised Caffeine Use in Sport and Exercise

Message from the Guest Editors

Caffeine has long been embedded in the culture of sport and physical activity. A substantial body of evidence describing its effects on endurance performance, perceived exertion and cognitive function during exercise. Genetic background, habitual intake, sex, and timing of ingestion all influence both performance outcomes and tolerability. The various caffeine sources, including coffee, dietary supplements and energy drinks, differ in caffeine content, absorption kinetics and accompanying bioactive compounds, which may contribute to variability in physiological responses and real-world effectiveness. Furthermore, approaches to optimal caffeine dosing in sport continue to evolve. Beyond acute ergogenic effects, growing interest has focused on the role of caffeine in recovery, repeated training exposure and interactions with sleep and circadian biology.

This Special Issue seeks original research and reviews examining caffeine and exercise performance from mechanistic, experimental and applied perspectives. Contributions addressing individual variability, dosing strategies and comparisons between different sources and patterns of caffeine intake are particularly welcome.

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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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