

Special Issue

Nutritional Supports for Sport Performance

Message from the Guest Editors

This Special Issue invites the submission of high-quality research papers and reviews that advance our understanding of how nutrition influences sports performance. We aim to explore various aspects of sports nutrition, including but not limited to, the impact of macronutrients, micronutrients, supplements, hydration strategies, and timing of nutrient intake on athletic performance, recovery, and overall health. Contributions may also cover dietary strategies for different types of sports, personalized nutrition, the role of gut microbiota in performance, and nutritional challenges faced by athletes. We welcome studies involving athletes of all levels, from amateur to elite, as well as research that addresses specific needs of special populations engaged in sports activities.

This Special Issue seeks to provide insights that can help athletes, coaches, nutritionists, and sports medicine professionals to optimize performance through evidence-based nutritional strategies. Submissions that provide new insights into the mechanisms by which nutrition can affect sport performance, as well as those exploring emerging trends and innovations in sports nutrition, are particularly encouraged.

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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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