

Special Issue

Creatine Supplementation for Health and Clinical Diseases

Message from the Guest Editors

Creatine supplementation is one of the most studied and effective ergogenic aids for athletes. The multifaceted mechanisms by which creatine exerts its beneficial effect include increasing anaerobic energy capacity, increasing protein synthesis, and decreasing protein breakdown, leading to increased muscle mass and physical performance. While these well-recognized creatine effects benefit the athlete, creatine may also serve as a potential clinical and therapeutic supplementary treatment to conventional medical interventions. Several studies have examined the effects on conditions such as diabetes, sarcopenia, osteoporosis, cancer, rehabilitation, and pulmonary and cardiovascular health. This Special Issue aims to provide comprehensive reviews of creatine supplementation effects for health and clinical diseases.

Guest Editors

Prof. Dr. Richard B. Kreider

Exercise & Sport Nutrition Laboratory, Human Clinical Research Facility,
Texas A&M University, College Station, TX 77843, USA

Prof. Dr. Jeffrey R. Stout

Physiology of Work and Exercise Response (POWER) Laboratory,
Institute of Exercise Physiology and Rehabilitation Science, School of
Kinesiology and Physical Therapy University of Central Florida, 12494
University Blvd., Orlando, FL 32816, USA

Deadline for manuscript submissions

closed (31 December 2021)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/69395

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

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

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 (IUIBS), 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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)