

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.

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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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