

## Special Issue

# Current Aspects of Nutritional Supplementation, Physical Exercise, and Oxidative Stress Biomarkers

### Message from the Guest Editors

People consume supplements to get essential nutrients and maintain or improve their health. Supplements are especially popular among physically active individuals, both in training professionally and recreationally. Skeletal muscles, during contractions, generate reactive oxygen and nitrogen species (RONS), which may cause fatigue or oxidative damage. On the other hand, RONS may lead to a variety of adaptations at the cellular and systemic levels. These adaptations are differentially affected by training volume, training intensity, and training status. Furthermore, nutritional choices may enhance or impair the response to training. In this Special Issue, we would like to bring readers closer to the state-of-the-art in the field by gathering papers describing the interplay between nutritional supplementation (not only antioxidants) in the relation to the redox regulation of muscle fatigue and oxidative damage, the role of reactive oxygen and nitrogen species in regulation of skeletal muscle adaptations. Original research articles and reviews (systematic reviews and meta-analyses) are welcome.

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### Guest Editors

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### Deadline for manuscript submissions

closed (15 July 2023)



## Nutrients

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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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