

## Special Issue

# Protein for Post-Exercise Recovery and Performance

### Message from the Guest Editor

Dietary protein and amino acids are indispensable for the post-exercise recovery process, through their ability to help repair and remodel a variety of body proteins, including skeletal muscle. Evidence is also emerging that protein and amino acids may help with fluid homeostasis and glycogen resynthesis, thus serving as a potential linchpin for the three “R’s” of recovery:

Repair, rehydrate, and refuel. The articles in this Special Issue will highlight the role dietary protein and amino acids play in enhancing the recovery from and adaptation to exercise in active and athletic populations.

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### Deadline for manuscript submissions

closed (1 February 2018)



## Nutrients

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*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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