

Special Issue

Nutrition, Health and Athletic Performance

Message from the Guest Editors

Optimal nutrition is fundamental for enhancing training, recovery and performance in sport. Therefore, research has aimed to determine the efficacy of appropriate intake of nutrients, fluids, and supplements and their role in exercise performance. The purpose of this Special Issue entitled “Nutrition, Health and Athletic Performance” is to highlight recent research examining aspects of sports nutrition and exercise performance. Manuscript submissions of original research, meta-analyses, or reviews of the scientific literature, which targets nutritional strategies to benefit performance and health, are welcome. Studies performed in humans are preferred given the applied nature of this issue.

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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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