

Special Issue

Nutritional Requirements for Optimal Physical Activity and Athletic Performance

Message from the Guest Editors

The Special Issue “Nutritional Requirements for Optimal Physical Activity and Athletic Performance” is now open for submissions. The increasing interest in the combination of optimal nutrition and physical and sport activity has led promoting physical and psychological health of both athletes and common people oriented towards well-being. Therefore, we are particularly interested in scientific studies defining the correct management of this application, in which risks for health are avoided.

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Deadline for manuscript submissions

closed (30 April 2023)



Nutrients

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Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/126655

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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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