

Special Issue

Nutrition-Based Strategies to Reduce Exercise-Induced Muscle Damage and Soreness

Message from the Guest Editor

An extensively researched phenomenon, exercise-induced muscle damage typically results in localised soreness, inflammation and decrements in muscle function, which may impact subsequent exercise performance and adherence. Extensive research has been carried out to identify modalities that aid recovery from this muscle damage, including the use of a variety of foods and supplements. While various nutritional strategies have shown the potential to alleviate symptoms of exercise-induced muscle damage, there is considerable scope to better understand the efficacy of novel and commonly consumed foods and supplements, including whole foods and extracts, as well as identifying optimal dosing and timing, cellular mechanisms, and functional outcomes. Therefore, this Special Issue is seeking original articles and reviews that focus on how nutritional strategies influence the responses to and outcomes of exercise-induced muscle damage.

Guest Editor

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Deadline for manuscript submissions

closed (18 November 2022)



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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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