

## 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.

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### Guest Editor

Dr. Matthew Barnes

School of Sport, Exercise & Nutrition, Massey University, Palmerston North 4472, New Zealand

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### Deadline for manuscript submissions

closed (18 November 2022)



## Nutrients

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*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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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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Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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