



nutrients



Special Issue Reprint

Effect of Protein and Peptide Supplementation on Physical Performance and Health Status

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As one of the major nutrients in the human diet, food proteins are important for human health and wellbeing. In addition to providing a source of energy and amino acids for synthesizing body proteins, food proteins are vital for many physiological processes, such as structure, function, synthesis, restoration, and transportation. Protein hydrolysates composed of small peptides are absorbed more rapidly than free amino acids and intact proteins, and they can improve the retention of proteins in the human body. Moreover, the supplementation of proteins and peptides is proposed as an effective dietary strategy in prevention and/or adjunctive treatment of various lifestyle- and aging-related diseases (e.g., type 2 diabetes, hypertension, dyslipidemia, cancer, liver disease, sarcopenia, and cardiovascular disease).

The planned Special Issue on the “Effect of Protein and Peptide Supplementation on Physical Performance and Health Status” will include original studies and review articles focusing on the impact of proteins, peptides, and products enriched with them on human physical performance and health status, as well as their absorption, distribution, metabolism, and excretion.



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