



The Role of Nutrition in Exercise and Sports

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Message from the Guest Editors

Dear colleagues,
Nutrition influences every process in the body being involved in energy production and tissue plasticity. Healthy adaptation to exercise requires a balanced intake of macro-/micronutrients and minerals to ensure an optimal performance during training competition, and muscle recovery from exercise.

Each sport has specific nutritional requirements depending by inter-individuals differences (e.g. age, disease, gender, body mass) and/or environmental factors.

Sport practitioners often assume dietary supplements to take advantage of the beneficial effects of the exercise while in the same time counteract its potential adverse effects (e.g. muscle damage, oxidative stress, fatigue).

This Special Issue invites submissions of manuscripts, either original research or reviews with an emphasis on describing the interplay between nutritional strategies and/or dietary supplements with exercise and its influence in muscle health and physical performance in different group of subjects. The main focus is on human studies but work in animal models will also be considered.

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Guest Editors





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Message from the Editorial Board

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