JISSN Journal of the International Society of Sports Nutrition

an Open Access Journal

Impact Factor 4.9
CiteScore 5.3

Journal of the International Society of Sports Nutrition



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International Society of Sports Nutrition
Why Go Anywhere Else?!

Message from the Editors-in-Chief

Established in 2003, International Society of Sports Nutrition (ISSN) stands as the only nonprofit academic organization devoted exclusively to promoting scientific research, education, and evidence-based practices in sports nutrition and dietary supplementation. Through many facets, the ISSN serves as a vital resource connecting scientists, healthcare professionals, sports nutrition practitioners, and athletes with the latest developments and research in the field.

JISSN is the official peer-reviewed publication of the ISSN. It is dedicated to publishing high-quality scientific investigations examining both the immediate and long-term effects of nutritional interventions and supplementation on body composition, exercise performance, metabolic function, and related aspects of human health and physiology.

We warmly welcome you to *JISSN*, where scientific discovery informs practical applications and advances the field of sports nutrition.

Editors-in-Chief
Dr. Jose Antonio
Dr. Douglas S. Kalman
Dr. Richard B. Kreider

Aims

The *Journal of the International Society of Sports Nutrition* (*JISSN*) is an international, peer-reviewed, open access journal on the acute and chronic effects of sports nutrition and supplementation strategies for body composition, physical performance, and metabolism. It is the official journal of the International Society of Sports Nutrition and is affiliated with the Society for Sports Neuroscience.

JISSN (ISSN 1550-2783) focuses on the acute and chronic effects of sports nutrition and supplementation strategies for body composition, physical performance, and metabolism. The journal is aimed at researchers and sport enthusiasts focused on delivering knowledge on exercise and nutrition regarding health, disease, rehabilitation, training, and performance. It provides a platform on which readers can determine the nutritional strategies that may enhance exercise and/or training adaptations leading to improved health and performance.

Scope

- Nutritional supplements
- Sport nutrition
- Nutritional status and body composition
- Nutritional physiology

Author Benefits

Open Access

Unlimited and free access for readers

No Copyright Constraints

Retain copyright of your work and free use of your article

Thorough Peer-Review

2025 Impact Factor: 4.9

(*Journal Citation Reports* - Clarivate, 2026)

No Space Constraints, No Extra Space or Color Charges

No restriction on the maximum length of the papers, number of figures, or use of colors

Journal Rank

JCR - Q1 (Nutrition & Dietetics, Sports Sciences) / CiteScore - Q2 (Food Science, Nutrition and Dietetics)

Coverage by Leading Indexing Services

PubMed, PubMed Central (PMC), Scopus, SCIE (Web of Science) and other databases

Rapid Publication

First decisions in 18 days; acceptance to publication in 7 days (median values for MDPI journals in the first half of 2026)

MDPI is a member of, or collaborates with, the following organizations

Partner Society:

International Society of Sports Nutrition (ISSN)

Affiliated Society:

Society for Sports Neuroscience (SfSN)

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