



Supplements for Health and Sports Performance

Guest Editor:

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Message from the Guest Editor

Sports nutrition has a major role in influencing performance, physical fitness, recovery and adaptation capacity, as well as an athlete's well-being and health. An important element of modern sports research is to support the development of dietary supplements through various methods and technologies aimed at accelerating post-exercise recovery, protecting the body, and replenishing losses of energy and micro- and macronutrients. We welcome submissions to this Special Issue that provide sound knowledge concerning the supplements required for optimizing the health and sports performance of athletes as well as people who practice sports recreationally. We encourage submissions of original papers and systematic reviews in this field.

Keywords:

- supplementation
- dietary supplements
- sports nutrition
- ergogenic aids
- ergogenic agents
- sport performance
- physical fitness
- physical capacity





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Message from the Editor-in-Chief

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