



Nutrition and Supplementation for Human Performance

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

Human performance addresses a broad spectrum of conditions, from increasing cognitive abilities, fighting disease or to enhancing athletic performance. Thus, tools have been constantly sought to improve and optimize human capabilities, including supplementation and nutrition.

Therefore, this special issue will accept original research articles, reviews and meta-analyses. Researching areas may include (but are not limited to) the following:

- Systematic reviews and meta-analyses of the use of sports supplementation or effects of nutrition on human performance or disease control.
- Validation studies of different instruments for the measurement of human performance.
- Original studies with experimental designs using nutrition or supplementation for the improvement of human performance, such as cognitive, sport, or health improvement.
- Mini-reviews of sports supplementation or nutritional strategies.
- Developing specific cases to your own health benefit.

Dr. Carlos Ruiz-Moreno

