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Nutritional Supplementation, Body Composition and Performance in Athletes

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Message from the Guest Editor

Optimal nutrition is critical for health, prevention of disease and optimal performance. High energetic needs could be problematic from the point of view of macronutrients, especially carbohydrate intake. Regeneration from extreme exercise and the development of maximal sports performance are critical and depend on the nutritional regimen before and after physical exercise and also from general nutrition patterns. Macro- and micronutrient needs are also increased but often difficult to achieve without supplements. Ergogenic aids, especially of plant origin, are very popular but are also dangerous from the point of view of doping. Antioxidant activity and the influence of some phytonutrients like beetroot could also be critically important for regeneration and for maximal oxygen consumption. Nutritional supplementation could be extremely important in many situations for obtaining the optimal fat-free mass of the athletes. The tendency for an ideal body composition could be problematic because it could have a negative influence on the energetic and regenerative points of the body. Low energetic availability and danger of RED syndrome are very common in professional sports people.



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