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The Role of Nutrition in Applied Physiology

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Message from the Guest Editor

This Special Issue integrates the disciplines of nutrition and physiology and explores the important role that both disciplines contribute to understanding factors that enhance health and sports performance.

Growing evidence supports the important role of nutrition in health and performance. This Special Issue is dedicated to advancing the knowledge of sports performance, metabolic recovery, immune function, and physiology processes.

For the present Special Issue, The Role of Nutrition in Applied Physiology, we welcome original articles, narratives and systematic reviews.



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Special Issue



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