



## Dietary Interventions on Sports Metabolism and Immunology

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Deadline for manuscript  
submissions:

**closed (15 March 2022)**

### Message from the Guest Editors

It is now clear that athletes' performance and behavioral changes in competitions are directly affected by changes in their body metabolism. Dietary and ergogenic supplements have been added as an intervention in athletes' programs to manage fatigue from exercise and, in some studies, to make more accurate observations and express results more clearly. In this field, further studies are needed. As a result, this Special Issue will provide ideas on how to prevent these cases with nutritional interventions that coaches and athletes can use to improve performance in sports and competitions.

Authors are invited to submit their work, including original research, reviews, and meta-research, on important issues governing nutrition and performance in sports. Ultimately, the aims of this research topic are: to improve scientific knowledge of sports biochemistry and metabolism with nutrition used in athletes to prevent NFO and OTS; to increase evidence on immune system functions related to nutrient intake in order to prevent NFO and OTS; to increase awareness of nutrition-related animal laboratory studies with the aforementioned objectives.





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