



Nutritional Interventions and Exercise Performance: Insights from Molecular Studies

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

The biochemical functions of specific nutrients and their impact on physiological alterations and/or adaptations are an important area for study, especially in terms of improving exercise performance across a wide range of ages and populations. This Special Issue will focus on the molecular interactions of foods/nutrients with exercise performance-related genetic expression, proteins, and performance outcomes in cellular, animal, and human populations. Nutritional interventions regarding exercise performance outcomes in humans are welcome with the addition of at least one related molecular marker. Nutrition intervention and exercise performance variables are vast; this Special Issue welcomes all types of nutrition interventions, as well as exercise performance outcomes that demonstrate molecular interactions. Since nutrition strategies for optimal exercise performance are often debated among both researchers and athletes, this issue seeks to provide translational and applicable information to readers and researchers alike.





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Message from the Editor-in-Chief

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