



## Sports: Nutrition and Metabolism in Relation to Athletes' Health and Performance

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### Message from the Guest Editor

Dear Colleagues,

The objective of this Special Issue is to enhance the understanding of the contribution of nutritional and metabolic factors to the health and performance of combat sports athletes and practitioners. Consequently, we welcome articles focusing on combat sports athlete and practitioner supplementation, rapid weight loss, nutritional requirements, and their impact on health and performance. Moreover, this Special Issue aims to explore the effects of combat sports practice and training on human metabolism and energy requirements. Lastly, we are particularly interested in investigations regarding the influence of nutritional interventions on combat sports athletes' metabolism and how this can impact their health and performance.





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## Editor-in-Chief

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## Message from the Editor-in-Chief

The metabolome is the result of the combined effects of genetic and environmental influences on metabolic processes. Metabolomic studies can provide a global view of metabolism and thereby improve our understanding of the underlying biology. Advances in metabolomic technologies have shown utility for elucidating mechanisms which underlie fundamental biological processes including disease pathology. *Metabolites* is proud to be part of the development of metabolomics and we look forward to working with many of you to publish high quality metabolomic studies.

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