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Advances in Nutrition, Dietary Supplements and Ergogenic Aids for Athletic Performance

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Message from the Guest Editors

Dear Colleagues,

Sports nutrition is an active and multidisciplinary field. In this regard, several nutritional strategies have been developed to improve energy replenishment, fluid and electrolyte replacement, and the repair of musculoskeletal and connective tissues, as well as to boost the response of the immune system. All of these aspects have a tremendous influence on the allostatic load and, finally, on the acute and chronic exercise-induced adaptations for athletic performance enhancements.

The purpose of this Special Issue is to publish evidence-based practices in the field of sports nutrition to assist, with “real world” solutions, sport and performance practitioners with the final aim of achieving any performance benefit while preventing nutrient deficiencies during training and competition. Studies in females, youth populations, precision nutrition, injury prevention, and artificial intelligence are warranted, alongside other more traditional topics.



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Special Issue



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Message from the Editorial Board

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