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Nutrition, Dietary Supplements and Ergogenic Aids in the Treatment of Sarcopenia and Associated Conditions

Guest Editors:

Prof. Dr. Darren Candow

Faculty of Kinesiology and Health Studies, University of Regina, Regina, SK S4S 0A2, Canada

Dr. Scott Forbes

Department of Physical Education Studies, Faculty of Education, Brandon University, Brandon, MB R7A 6A9, Canada

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Message from the Guest Editors

Dear Colleagues,

Sarcopenia generally refers to age-related decrease in muscle quantity, strength, and physical performance. Sarcopenia is associated with other age-related conditions such as osteoporosis, obesity, type II diabetes, cardiovascular disease, cachexia, and physical frailty. With the expected increase in the global population, lifestyle interventions involving nutrition will continue to be important in the pursuit of healthy and successful aging. This Special Issue will highlight research involving the interactions between nutrition, dietary supplements, and ergogenic aids on sarcopenia and associated age-related conditions. Original research, reviews and meta-analyses, and randomized controlled trials involving nutritional interventions on cellular pathways involving aging physiology are also welcomed.

Prof. Dr. Darren Candow

Dr. Scott Forbes

Guest Editors



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Special Issue



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de la Obesidad y la Nutrición
(CIBEROBN), Institute of Health
Carlos III, 28029 Madrid, Spain
2. Research Institute of
Biomedical and Health Sciences
(IUIBS), University of Las Palmas
de Gran Canaria, 35001 Las
Palmas, Spain
3. Preventive Medicine Service,
Centro Hospitalario Universitario
Insular Materno Infantil (CHUIMI),
Canarian Health Service, 35016
Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional
Sciences, University of
Connecticut, Storrs, CT 06269,
USA

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Message from the Editorial Board

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Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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