



## **Nutritional and Non-nutritional Supplements in Sports: The Public Health Impact**

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### **Message from the Guest Editors**

Elite and amateur athletes of different sports specialties often combine ergogenic strategies in the hope of improving physiological responses and competitive performance, but sometimes the scientific evidence for these strategies is limited. This situation is favored because the supply and marketing of ergogenic aids have increased exponentially due to the increase in recreational physical activity and the rise of professional sports. For this reason, athletes resort to the continuous and sometimes indiscriminate use of ergogenic aids. However, for many of these ergogenic aids there is no scientific evidence of their ability to induce the effect that the athlete expects. This Special Issue aims to integrate all new research lines related to mechanical, psychological, physiological, and pharmacological ergogenic aids, establishing their impact on the health and performance of athletes.





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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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