



## Supplementation in Exercise Induced Muscle Damage

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Deadline for manuscript  
submissions:

**closed (28 November 2021)**

### Message from the Guest Editor

There are different substances that can act as immunomodulators and that are considered to be potentially active in the prevention or recovery of changes in the immune system associated with competitive sports activity and that can be of great help in muscle recovery and regeneration. In this area, amino acids, minerals, immune system modulators, antioxidants, etc. have been included, many of them of great importance and recognition in the field of sport. I invite you to share your research results in our Special Issue entitled "Supplementation in Exercise-Induced Muscle Damage". I would be delighted to receive your studies on muscular damage produced by exercise, and/or use of different supplementary products to decrease, modulate muscle damage, and increase the recovery period.





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