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The Role of Nutrition in Applied Physiology

Guest Editor:

Dr. Álvaro López Samanes

Faculty of Human and Social Sciences, Universidad Pontificia Comillas, 28049 Madrid, Spain

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Message from the Guest Editor

This Special Issue integrates the disciplines of nutrition and physiology and explores the important role that both disciplines contribute to understanding factors that enhance health and sports performance.

Growing evidence supports the important role of nutrition in health and performance. This Special Issue is dedicated to advancing the knowledge of sports performance, metabolic recovery, immune function, and physiology processes.

For the present Special Issue, The Role of Nutrition in Applied Physiology, we welcome original articles, narratives and systematic reviews.



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Special Issue



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1. Centro de Investigación Biomédica en Red Fisiopatología 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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Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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