



nutrients



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Dietary Supplements and Physical Activity

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Message from the Guest Editors

In an era marked by increasing health consciousness and an emphasis on holistic well-being, this Special Issue aims to provide a comprehensive platform for cutting-edge research and insights in this field. This Special Issue seeks to explore the dynamic relationship between dietary supplements and physical activity, delving into their individual and synergistic effects on human health and sport performance. We invite researchers to contribute original research articles and reviews that enhance our understanding of the multifaceted aspects of this subject.

Topics of interest include but are not limited to the effects of dietary supplements on exercise performance, the role of nutrition in optimizing physical activity outcomes, emerging trends in supplement use among athletes, and the impact of supplements on specific populations.

We encourage submissions that integrate interdisciplinary perspectives and present novel findings that can inform public policy and clinical practice. We welcome you to join us in this exploration of the intricate interplay between dietary supplements and physical activity and contribute to advancing the knowledge base in this important field.



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Special *Issue*



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