



Dietary Intervention for Competitive Athletes

Guest Editor:

Prof. Dr. Jay R. Hoffman
The Department of Physical
Therapy, Ariel University, Ariel
4076405, Israel

Deadline for manuscript
submissions:

25 February 2025

Message from the Guest Editor

Dear Colleagues,

The past 30 years have seen unprecedented growth in the dietary supplement industry. Since the 1990s, dietary supplement sales have increased by more than 80% to nearly USD 16 billion annually. The growth only continues to rise, and the market for dietary supplements continues to expand. For many, the rationale for using dietary supplements is to enhance muscle growth, improve strength, increase endurance capacity, or enhance recovery. This ever-changing market requires continuous oversight that informs athletes, coaches, sport nutritionists, and sport scientists on cutting-edge information about the efficacy, safety, and legality of various dietary supplements.

Therefore, this Special Issue invites submissions of latest original research examining dietary supplements in competitive athletes. Review papers providing unique perspectives from sport scientists with extensive work in this area are also encouraged.





an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

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

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
X@Nutrients_MDPI