



## Dietary Phytochemicals as a Promising Nutritional Strategy for Sarcopenia

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### Message from the Guest Editors

Dear Colleagues,

Sarcopenia, the progressive decline of skeletal muscle mass and strength/function observed during aging, increases the risk of negative health outcomes (e.g., falls, morbidity, loss of independence, disability, and mortality).

Lifestyle habits have an impact on the rate of muscle loss with a large body of evidence indicating a positive effect of adapted nutrition and physical activity. The promotion of a healthy diet is indeed among the most successful strategies to counteract sarcopenia. However, studies investigating the contribution of micro- and macronutrients on muscle metabolism in old age as well as that of dietary supplements and natural bioactive compounds are sparse.

This Special Issue is intended to gather contributions from basic and clinical researchers working in the field of sarcopenia to gain insights on nutritional strategies that may be harnessed to delay and/or counteract age-related muscle loss.

We therefore invite you to submit your latest original research or review articles to this Special Issue.





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