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The Impact of Nutritional Strategies on Muscle Health

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Message from the Guest Editor

As we advance our understanding of the role of nutrition in muscle health, we have come to recognize the important part that nutrition and exercise play in ageing and disease processes. Balanced nutrition and exercise have shown beneficial effects on muscle health, but many critical questions remain on the role of dietary supplements in age-related muscle loss and function. For example, what can cause muscle loss? What are the negative effects of poor muscle health? What nutritional strategies can promote health span and improved quality of life while maintaining muscle function? What are the optimal dietary strategies to promote muscle health and longevity?

The intent of this Special Issue is to highlight the important role of nutrition and exercise in muscle health and function, with a focus on nutrition, exercise and dietary supplements. Preclinical or human original research, reviews or meta-analyses focusing on nutritional strategies and some aspect of healthy ageing, diseases of ageing, or age-related muscle loss and function are particularly welcome for this Special Issue.



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