



## **Nutritional Strategies to Promote Muscle Mass and Function in Health and Disease**

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### **Message from the Guest Editors**

Dear Colleagues,

Nutritional interventions have been widely utilized to help promote skeletal muscle mass gain and prevent muscle atrophy. Coupling nutritional interventions with exercise has been shown to enhance muscle protein synthesis rates and muscle hypertrophy in healthy individuals. Similar strategies have been used in aging and disease with a variety of effects. While there is an extensive body of literature examining the effects of protein and amino acid consumption on muscle mass, many nutritional interventions may support the maintenance of muscle mass or function. It is well established that maintenance of muscle mass is an important aspect of many disease conditions, and loss of muscle mass is associated with increased mortality in diseased populations. Identifying and understanding the role that various nutritional interventions play in muscle homeostasis can lead to enhancements for both athletes and clinicians working with diseased populations. This Special Issue aims to collect the latest information about various nutritional strategies that can aid in the promotion or maintenance of muscle mass and function in both healthy and diseased populations.





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