



Coffee and Caffeine Consumption for Health and Performance

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Message from the Collection Editors

Caffeine is consumed daily by approximately 80% of the world's population, with the benefits of acute ingestion for physical and cognitive performance firmly established. Despite this, there continues to be many unanswered questions, such as optimal dose and timing strategies in order to maximise its ergogenic properties. This Special Issue aims to produce a body of work that provides novel insight with respect to the effects of acute and chronic caffeine or coffee consumption for health and human performance. To fulfil this purpose, work that considers population-specific effects, has clear potential to inform practice or that challenges common conceptions will be prioritised. Studies focused on performance trials in athletic populations will be considered, but should substantially progress what is already known. We kindly invite submissions of original research articles, systematic reviews, meta-analyses, and opinions and encourage authors to contact the guest editor in advance of preparing an article for submission.





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

Message from the Editorial Board

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