



## Protein, Amino Acids, and Healthspan

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### Message from the Guest Editors

Dear Colleagues,

The effects of protein and amino acid intake on skeletal muscle health and function have been well-studied. However, the role dietary protein and amino acid intake play in health and longevity has not been well-defined. As we age, there exists a disconnect between lifespan, the total life lived, and healthspan, the period of life lived free from disease. Therefore, it is important to find ways to help people to live longer and healthier lives. One way to achieve this is through changes in diet. Recent research suggests that the level of dietary protein/amino acids in the diet plays a critical role in the regulation of longevity and health. Therefore, this Special Issue entitled “Dietary Protein, Amino Acids, and Healthspan” will aim to collect papers focusing on the role of dietary protein and/or amino acids in healthspan.





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