



Nutritional Strategies to Enhance Muscle and Cognitive Performance in Athletes

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Message from the Guest Editor

Dear Colleagues,

Optimal nutritional strategies before, during, and after training can impact endurance, resistance, and concurrent training adaptations and exercise performance. As such, nutritional strategies are recognized as a critical factor for sporting success. Recent advances in sport nutrition have shown a link between various nutritional strategies that can impact muscle performance as well as cognitive function. The brain plays a critical role in sport performance, especially team sports. As such, this Special Issue seeks submissions with a focus on nutrients to enhance various forms of exercise training (i.e., endurance, high-intensity interval training, strength, or concurrent) from both a molecular muscle adaptative response to athletic performance as well as nutrients that can impact cognitive function in athletes. *Nutrients*, therefore, welcomes the submissions of manuscripts, either describing original research or reviews, on the topic of nutrition to enhance muscle and brain performance in athletes.

Dr. Scott Forbes

Guest Editor





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