



nutrients



an Open Access Journal by MDPI

Dietary Supplements in Exercise and Sports Activities

Guest Editors:

Prof. Dr. Vahur Ööpik

Institute of Sport Sciences and
Physiotherapy, University of
Tartu, 18 Ülikooli St., 50090 Tartu,
Estonia

Prof. Dr. Ben Dascombe

School of Health Sciences,
Western Sydney University,
Campbelltown, NSW 2560,
Australia

Deadline for manuscript
submissions:

15 December 2024

Message from the Guest Editors

The use of dietary supplements is widespread both among athletes and the general population. Athletes use dietary supplements for many purposes, but their ultimate goal is usually to improve athletic performance, through either directly increasing physical working capacity or indirectly by enhancing post-workout recovery processes, improving the tolerability of training loads and reducing the risks of illness and/or injury. Dietary supplements that claim to promote weight loss or prevent weight gain, reduce body fat mass and percentage, or increase muscle mass are also popular among athletes and non-athletes alike. Unfortunately, the use of dietary supplements is not risk-free, because the effects of many supplements have not been sufficiently studied in terms of risk vs. benefit.

The purpose of this Special Issue is to promote high-quality research that focuses on determining the effectiveness of various dietary supplements and possible risks associated with their use by athletes and physically active people. Original research papers, systematic reviews, and meta-analyses focused on this topic are welcome to be submitted to this Special Issue.



mdpi.com/si/203052

Special *Issue*



an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

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

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
X@Nutrients_MDPI