



*nutrients*



an Open Access Journal by MDPI

## Nutrition, Dietary Supplements and Ergogenic Aids in the Treatment of Sarcopenia and Associated Conditions

Guest Editors:

**Prof. Dr. Darren Candow**

Faculty of Kinesiology and Health Studies, University of Regina, Regina, SK S4S 0A2, Canada

**Dr. Scott Forbes**

Department of Physical Education Studies, Faculty of Education, Brandon University, Brandon, MB R7A 6A9, Canada

Deadline for manuscript submissions:

**closed (15 April 2022)**

### Message from the Guest Editors

Dear Colleagues,

Sarcopenia generally refers to age-related decrease in muscle quantity, strength, and physical performance. Sarcopenia is associated with other age-related conditions such as osteoporosis, obesity, type II diabetes, cardiovascular disease, cachexia, and physical frailty. With the expected increase in the global population, lifestyle interventions involving nutrition will continue to be important in the pursuit of healthy and successful aging. This Special Issue will highlight research involving the interactions between nutrition, dietary supplements, and ergogenic aids on sarcopenia and associated age-related conditions. Original research, reviews and meta-analyses, and randomized controlled trials involving nutritional interventions on cellular pathways involving aging physiology are also welcomed.

Prof. Dr. Darren Candow

Dr. Scott Forbes

*Guest Editors*



[mdpi.com/si/93870](https://mdpi.com/si/93870)

**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)

## 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