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## Health Effects of Sport-Related Nutritional Supplements

Guest Editor:

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Deadline for manuscript submissions:

**closed (5 February 2024)**

### Message from the Guest Editor

Dear Colleagues,

The global use of dietary supplements by athletes at all sporting levels, as well as their non-physically active counterparts, continues to increase. While the use of “sports supplements” is ubiquitous, quality research demonstrating their benefits to health and performance is not. However, there are notable exceptions of substances that have demonstrated tangible circumstantial benefits to athletes and non-athletes, including: creatine; protein/essential amino acids; beetroot/nitrate; omega-3 fats; taurine; curcumin; coQ10; arginine/citrulline; astaxanthin; vitamin D; beta alanine/carnosine; and L-carnitine. The potential benefits of these compounds on cardiovascular, metabolic, bone/joint, muscle and brain health are notable and should not be ignored.

In this Special Issue, “Health Effects of Sport-related Nutritional Supplements”, we invite the submission of original articles and review articles addressing topics within this theme with an emphasis on human data.



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**Special** *Issue*



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