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Dietary Protein, Exercise and Muscle Health in an Ageing Population

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Message from the Guest Editor

Dear Colleagues,

Advances in the nutritional science of protein have led to an increasing awareness of protein's role in health. As a macronutrient, protein plays important roles in maintaining protein function, satiety and appetite regulation, metabolic regulation, and adaptation to exercise training. In this Special Issue of *Nutrients* the critical roles of protein in various aspects of human health are explored. The reviews will provide state-of-the-science updates on dietary protein.

Prof. Stuart M. Phillips
Guest Editor



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Special Issue



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