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Interaction of Amino Acids and Dietary Proteins and Exercise on Muscle Health

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Message from the Guest Editor

Dear Colleagues,

The age-related decrease in muscle health is a main limiting factor for functional independence and longevity. Nutrient provision and physical activity are two key regulators of muscle function. Specifically, amino acids and dietary proteins influence muscle protein kinetics in response to endurance and weight-bearing exercise. This special issue will highlight emerging research on interactions between amino acids, dietary proteins, and exercise training that have potential to impact muscle health and biology.

Dr. Darren Candow
Guest Editor



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