



Protein Supplements and Their Relation with Sports Nutrition

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Message from the Guest Editors

Dear Colleagues,

The Olympic and Paralympic Games, which were held for the first time in 2021 and 2022, for the second consecutive year, also closed, and it can be confirmed that the performance of athletes is improving as the number of times increases. It is considered that this is deeply related not only to the development of training equipment but also to the improvement of eating habits. Currently, in the field of sports, there are remarkable developments, such as increasing muscle strength and training methods, but in the field of nutrition, although protein is the main focus, the intestinal environment and oral environment that are important for deriving the best performance, etc. Therefore, in this Special Issue, it is expected that not only athletes but also those who play sports, such as improving the intestinal environment and oral environment, as well as researching protein, will face in the best condition or play sports to maintain and improve their health. I would like to make a special feature of the results of research focusing on possible nutrition. We are currently looking for authors of these world's first sports-specific nutrient research results.





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