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Dietary Supplementation Manipulations Improving Performance and Health in Athletes and Physically Active Adults

Guest Editor:

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Deadline for manuscript submissions:
closed (31 March 2022)

Message from the Guest Editor

Dear Colleagues,

This Special Issue covers a wide range of topics that will help us to better understand the effects of diet and supplementation on health and how they improve exercise performance.

In recent years, not only scientists but also training staff, athletes, and active adults have paid more attention to diet and appropriate supplementation. It has been observed that a well-composed diet and appropriately selected supplementation may directly affect the level of fitness, body composition, and health. The model of a well-composed mixed diet or high-carbohydrate diet that has been used for years is currently being replaced by other diets such as ketogenic or vegetarian. In turn, apart from the most frequently chosen supplements, such as creatine and caffeine, omega 3 acids, vitamin D3, and probiotics are seen as equally effective.

I would like to invite all researchers to submit papers relating to the abovementioned issues, with particular emphasis on innovative research in which the impact of innovative diets and pro-health supplements on improving performance and health parameters have been studied.

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Editor-in-Chief

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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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