

Special Issue

Nutrition and Supplementation for Human Performance

Message from the Guest Editor

Human performance addresses a broad spectrum of conditions, from increasing cognitive abilities, fighting disease or to enhancing athletic performance. Thus, tools have been constantly sought to improve and optimize human capabilities, including supplementation and nutrition. Therefore, this special issue will accept original research articles, reviews and meta-analyses. Researching areas may include (but are not limited to) the following:

- Systematic reviews and meta-analyses of the use of sports supplementation or effects of nutrition on human performance or disease control.
- Validation studies of different instruments for the measurement of human performance.
- Original studies with experimental designs using nutrition or supplementation for the improvement of human performance, such as cognitive, sport, or health improvement.
- Mini-reviews of sports supplementation or nutritional strategies.
- Developing specific cases to your own health benefit.

Guest Editor

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Deadline for manuscript submissions

closed (31 July 2024)



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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with *Healthcare* and its members receive discounts on article processing charges.

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 20.5 days after submission; acceptance to publication is undertaken in 2.7 days (median values for papers published in this journal in the first half of 2024).