

# Special Issue

## Sports: Nutrition and Metabolism in Relation to Athletes' Health and Performance

### Message from the Guest Editor

The objective of this Special Issue is to enhance the understanding of the contribution of nutritional and metabolic factors to the health and performance of combat sports athletes and practitioners. Consequently, we welcome articles focusing on combat sports athlete and practitioner supplementation, rapid weight loss, nutritional requirements, and their impact on health and performance. Moreover, this Special Issue aims to explore the effects of combat sports practice and training on human metabolism and energy requirements. Lastly, we are particularly interested in investigations regarding the influence of nutritional interventions on combat sports athletes' metabolism and how this can impact their health and performance.

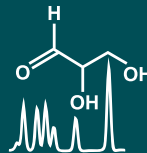
### Guest Editor

Dr. Vassilis Mougios

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### Deadline for manuscript submissions

closed (5 August 2024)



## Metabolites

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## About the Journal

### Message from the Editor-in-Chief

The metabolome is the result of the combined effects of genetic and environmental influences on metabolic processes. Metabolomic studies can provide a global view of metabolism and thereby improve our understanding of the underlying biology. Advances in metabolomic technologies have shown utility for elucidating mechanisms which underlie fundamental biological processes including disease pathology. *Metabolites* is proud to be part of the development of metabolomics and we look forward to working with many of you to publish high quality metabolomic studies.

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### Editor-in-Chief

Dr. Amedeo Lonardo  
Internal Medicine, Ospedale Civile di Baggiovara, Azienda Ospedaliero-  
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#### Journal Rank:

JCR - Q2 (Biochemistry and Molecular Biology) / CiteScore - Q2 (Endocrinology, Diabetes and Metabolism)

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 16.1 days after submission; acceptance to publication is undertaken in 2.9 days (median values for papers published in this journal in the second half of 2024).