

Special Issue

Protein, Amino Acids, and Healthspan

Message from the Guest Editors

The effects of protein and amino acid intake on skeletal muscle health and function have been well-studied. However, the role dietary protein and amino acid intake play in health and longevity has not been well-defined. As we age, there exists a disconnect between lifespan, the total life lived, and healthspan, the period of life lived free from disease. Therefore, it is important to find ways to help people to live longer and healthier lives. One way to achieve this is through changes in diet. Recent research suggests that the level of dietary protein/amino acids in the diet plays a critical role in the regulation of longevity and health. Therefore, this Special Issue entitled “Dietary Protein, Amino Acids, and Healthspan” will aim to collect papers focusing on the role of dietary protein and/or amino acids in healthspan.

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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