

Special Issue

Nutrition for Muscular Strength, Power and Endurance

Message from the Guest Editor

The ability to generate and maintain force and power production is critical in sports performance and determines the health status of several populations. Consequently, force and power development constitute a vital component of strength and conditioning programs aimed at improving performance as well as restoring or maintaining muscular function and health. Nutrition alters the acute and prolonged metabolic and neuromuscular adaptations to exercise and training. The total energy intake, amount and distribution of macronutrients and micronutrients ingested, hydration status, or the use of dietary supplements modify the ability of muscles to produce force and power. Therefore, this Special Issue invites the submission of sport and exercise nutrition-based manuscripts that advance scientific understanding and provide novel insights on the interaction between nutrition and muscular strength, power, or endurance, whether to improve sports performance or to restore or maintain muscular function and health.

Guest Editor

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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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