

Conference Date: August 26-27, 2023

International Conference on SPORTS NUTRITION AND SUPPLEMENTS (ICSNS)

Conference Topics

- ❖ Sports Nutrition and Supplements
- ❖ Muscle Mass Gain and Physiology
- ❖ Hydration, Gut Microbiota
- ❖ Oxidative Stress
- ❖ Mental Health
- ❖ Diet and Exercise-Induced Inflammation
- ❖ Dietary Protein for Human Health
- ❖ Expedition Nutrition
- ❖ Eating Disorders in Athletes
- ❖ Long COVID: Nutrition and Lifestyle Changes

Hybrid Mode

- ❖ Personalized Sport and Exercise Nutrition
- ❖ Dietary supplements
- ❖ Iron supplements
- ❖ Omega-3 and fish oil supplements
- ❖ Vitamins and minerals
- ❖ Vitamin B12, Vitamin D3
- ❖ Biotin, Glucosamine
- ❖ Reviews in Sport and Exercise Nutrition
- ❖ **All the topics related to Sports Nutrition and Supplements**

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Conference Website

<https://iircr.com/>

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