



Nutritional Strategies for Peak Performance: Guidelines for Athletes' Optimal Fueling and Recovery

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E d i t o r	R e v i e w e r s
Morteza Taheri Professor, Faculty of Sports and Health Sciences, University of Tehran, Tehran, Iran Email: taheri.mortza@ut.ac.ir	Reviewer 1: Masoud Mirmoezi Department of Physical Education and Sport Sciences, Islamic Azad University, Central Tehran Branch, Tehran, Iran. Email: massoudmirmoezi@live.com Reviewer 2: Leila Youzbashi Department of sport science, Faculty of Humanities, University of Zanjan, Zanjan, Iran. Email: l.youzbashi@znu.ac

1. Round 1

1.1 Reviewer 1

Date: 13 August 2023

Reviewer:

Detail the literature search strategy more comprehensively, including search terms, databases, and selection criteria to enhance reproducibility.

While the manuscript covers both, a more balanced discussion highlighting the synergy between macronutrient and micronutrient intake could enrich the narrative.

Expand on the cautious use of supplements, incorporating a discussion on regulatory issues, potential adverse effects, and the importance of consulting healthcare professionals.

Outline specific areas where future research can fill existing gaps, such as long-term effects of certain supplements, nutrition in extreme conditions, and personalized hydration strategies.

Author revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 14 August 2023

Reviewer:

Provide a more critical examination of the studies reviewed, discussing limitations, study designs, and the strength of evidence.

Offer more detailed, sport-specific nutritional guidelines reflecting the varied demands of different athletic disciplines.

Integrate newer research findings, particularly those related to the gut microbiome, personalized nutrition, and the impact of nutrigenomics on athletic performance and recovery.

Provide guidance on translating these nutritional strategies into practical applications for athletes, coaches, and sports nutrition professionals.

Author revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.