



Editorial

Dear All,

On behalf of my editorial board, I am pleased to present the first issue in 2023 of the *Arab Journal of Nutrition and Exercise*. The journal was launched in 2016 and has included many research publications from the MENA region as well as from Europe and other countries. The journal has a clear academic editorial board, a detailed scope, and a very detailed section on author guidelines. The journal is distinguished by the international diversity of its editorial board and provides detailed publication policies, instructions for authors, and all ethical standards related to submission and publication. We therefore invite and welcome contributions from all over the region and the world.

The first issue of 2023 includes three publications with topics related to sports nutrition, herbal medicine, and pediatric nutrition. More specifically, in the first article, the authors tried to evaluate the use of ergogenic substances in bodybuilders in South Africa. Second, the authors investigated the knowledge and pattern of herbal medicine in a public sample in Abu Dhabi, while the third paper aimed to analyze the quality of diet in an Algerian adolescent population.

I hope you enjoy reading all articles.

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Editor-in-Chief:

Dr. Dimitrios Papandreou

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Prof. Dimitrios Papandreou



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