

# MENTOR

Revista de Investigación Educativa y Deportiva



## Acceptance Letter

The undersigned, Ph.D. Richar Posso Pacheco, Director of MENTOR, Journal of Educational and Sports Research, is pleased to inform you that, upon completion of the double-blind peer review process, the article entitled “**Efficacy and Safety of Pre-Workout Supplement Ingredients: A review**”, authored by **Katia Zayas-Ferral, Anthony Meneses, Eduardo Lome-Gutiérrez, Elena Soto-Vega** has been **ACCEPTED** for publication on april 15, 2026, in Volume 5, Special Issue 2 of our journal.

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Ph.D. Richar Posso Pacheco  
DIRECTOR

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