



Antioxidants in Sport Nutrition (100 Cases)

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The use of antioxidants in sports is controversial due to existing evidence that they both support and hinder athletic performance. **Antioxidants in Sport Nutrition** covers antioxidant use in the athlete's basic nutrition and discusses the controversies surrounding the usefulness of antioxidant supplementation. The book also stresses how antioxidants may affect immunity, health, and exercise performance.

The book contains scientifically based chapters explaining the basic mechanisms of exercise-induced oxidative damage. Also covered are methodological approaches to assess the effectiveness of antioxidant treatment. Biomarkers are discussed as a method to estimate the bioefficacy of dietary/supplemental antioxidants in sports.

This book is useful for sport nutrition scientists, physicians, exercise physiologists, product developers, sport practitioners, coaches, top athletes, and recreational athletes. In it, they will find objective information and practical guidance.



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