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Nota di bibliografia	Includes bibliographical references at the end of each chapters.
Nota di contenuto	Front Cover; Contents; Preface; Editor; Contributors; Chapter 1: Mechanisms of Oxidative Damage and Their Impact on Contracting Muscle; Chapter 2: Nutritional Antioxidants : It Is Time to Categorise; Chapter 3: Antioxidants in Athlete's Basic Nutrition : Considerations towards a Guideline for the Intake of Vitamin C and Vitamin E; Chapter 4: Antioxidants in Sport Nutrition : All the Same Effectiveness?; Chapter 5: Well-Known Antioxidants and Newcomers in Sport Nutrition : Coenzyme Q10, Quercetin, Resveratrol, Pterostilbene, Pycnogenol and Astaxanthin Chapter 6: Polyphenols in Sport : Facts or Fads?Chapter 7: Supplemental Antioxidants and Adaptation to Physical Training; Chapter 8: Green Tea Catechins and Sport Performance; Chapter 9: Acute and Chronic Effects of Antioxidant Supplementation on Exercise Performance; Chapter 10: Evaluation of Quercetin as a Countermeasure to Exercise-Induced Physiological Stress; Chapter 11: Inflammation and

Immune Function : Can Antioxidants Help the Endurance Athlete?;
Chapter 12: Influence of Mixed Fruit and Vegetable Concentrates on Redox Homeostasis and Immune System of Exercising People
Chapter 13: Methodological Considerations When Evaluating the Effectiveness of Dietary/Supplemental Antioxidants in Sport
Chapter 14: Common Questions and Tentative Answers on How to Assess Oxidative Stress after Antioxidant Supplementation and Exercise; Chapter 15: Biomarkers Part I : Biomarkers to Estimate Bioefficacy of Dietary/Supplemental Antioxidants in Sport; Chapter 16: Biomarkers Part II : Biomarkers to Estimate Bioefficacy of Dietary/Supplemental Antioxidants in Sport; Back Cover

Sommario/riassunto

Antioxidant use in sports is controversial due to existing evidence that it both supports and hurts athletic performance. This book presents information on antioxidants, specifically for athletes, and their roles in sports nutrition. It stresses how antioxidants affect exercise performance, health, and immunity. Chapters cover oxidative stress; basic nutrition for athletes; major dietary antioxidants; sports supplements; performance/adaptation to exercise; antioxidants role in health and immunity; reviews on vitamins C, E, beta carotene, and minerals in sports nutrition; and roles polyphenols play in high-performance sport--
