

1. Record Nr.	UNINA9910720573003321
Titolo	Antioxidants in Sport Nutrition // edited by Manfred Lamprecht
Pubbl/distr/stampa	Boca Raton, Florida : , : Taylor & Francis, , 2015
Descrizione fisica	1 online resource (xiv, 285 pages) : illustrations
Disciplina	613.286
Soggetti	Sports - Physiological aspects Sports medicine Antioxidants
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
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".