



ANTI-ANTIOXIDANT

Why popping antioxidants might pop your athletic dreams

Antioxidants will, among many other benefits, prevent cancer and are an absolute must for you to take if you exercise—because, it is argued, exercise causes cell damage that antioxidants can prevent. And what causes this cell damage? The ever so evil free radical. This is some of the basic knowledge you walk away with after reading up on free radicals and antioxidants. Perhaps most troubling to you is the idea that all your training, which is supposed to make you big, strong, powerful, and healthy, in fact *causes* the production of free radicals that just might have the opposite effect on your overall health. Then again, you might not be too concerned about your health at this point in your life; besides, you take antioxidants to keep those free radicals in check. So what about the prospect of antioxidants disrupting your body's ability to recover from your training sessions and increasing your injury potential? Did we get your attention?



TAKING AN ANTIOXIDANT, SUCH AS VITAMIN E, AND AS IT RELATES TO SPORTS PERFORMANCE, MIGHT BE A MOOT POINT.

Original Research

(full citation in January issue.)

Power Key: antioxidants, oxidative stress, muscle recovery