Special Issue

Natural Antioxidants and Exercise

Message from the Guest Editor

Strenuous endurance and resistance exercises increase the production of reactive oxygen compounds, resulting in oxidative stress. However, some studies show positive effects of antioxidant use for physical performance and recovery, while others do not support these findings. The most accepted explanation is that nutritional free radical scavengers, such as vitamins C and E, can interfere with the adaptive antioxidant response. The complete removal of oxygen radicals by high doses of these vitamins can hamper the activation of antioxidant coding genes. However, a question remains is whether other antioxidant natural compounds found in foods from vegetal origin could work in a similar manner as the antioxidant vitamins without interfering in the adaptive response. These compounds include mainly polyphenols that are still poorly studied in sport performance and recovery. Interestingly, these compounds exert multiple actions that go beyond anti-oxidant properties that in the long term can modulate anti-oxidant response. The present Special Issue intends to provide recent information regarding the way of action of these natural antioxidant products.

Guest Editor

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Deadline for manuscript submissions

closed (31 July 2020)

Antioxidants

an Open Access Journal by MDPI

Impact Factor 6.6
CiteScore 12.4
Indexed in PubMed

mdpi.com/si/27988

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About the Journal

Message from the Editor-in-Chief

It has been recognized in medical sciences that in order to prevent adverse effects of "oxidative stress" a balance exists between prooxidants and antioxidants in living systems. Imbalances are found in a variety of diseases and chronic health situations. Our journal *Antioxidants* serves as an authoritative source of information on current topics of research in the area of oxidative stress and antioxidant defense systems. The future is bright for antioxidant research and since 2012, *Antioxidants* has become a key forum for researchers to bring their findings to the forefront.

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