Special Issue

Plant-Derived Bioactive Molecules and Their Use in Sports Practice

Message from the Guest Editors

The utilization of plant-derived bioactive molecules in sports practice has gained significant attention due to their potential to optimize athletic performance, enhance recovery, and support overall well-being. This Special Issue explores the growing body of research surrounding the application of these natural compounds in sports and exercise, highlighting their benefits and mechanisms of action. Plant-derived bioactive molecules, such as phytochemicals, polyphenols, alkaloids, and flavonoids, possess a wide array of physiological properties that can positively impact sports performance. These compounds exhibit antioxidant, anti-inflammatory, and vasodilatory effects, which may aid in reducing exercise-induced oxidative stress, inflammation, and muscle damage. Additionally, they have been found to enhance endurance, improve cardiovascular function, and enhance the body's ability to adapt to physical stressors.

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