

Beneficial and Detrimental Effects of Antioxidants Use in Sports: How is it Balanced?

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This review aims to summarize the fundamental classes of antioxidants, the utilization of the supplement with antioxidants as ergogenic benefits in exercise and sport, the efficiency, and the consequence of their chronic

uses. Antioxidants have been used for a long time in different sports disciplines and at all degrees of rivalry. The supplement with antioxidants anticipates muscle damage by reducing immune dysfunction, inflammation, and fatigue syndrome for athletes. Subsequently, antioxidant supplementation will improve the physical performances and health of athletes. Polyphenol compounds as incredible antioxidants that are abundant in numerous plants. The consumption of antioxidants could be hazardous whenever taken in high dosages. Researchers found that overdoses may cause undesirable symptoms and might grow the risk of death.

Keywords: Vitamin, polyphenol, flavonoids, health benefits, ergogenic effect, athletes.