



## Exercise-Induced Oxidative Stress: Are Plant-Derived Extracts and Antioxidants Supplementation Really Helpful?

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submissions:

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### **Message from the Guest Editor**

It is well known that physical activity induces a whole-body physiological response at the systemic and cellular level; however, an excessive high-level of exercise can increase reactive oxygen species levels, which, if not properly balanced by the endogenous antioxidant system, can compromise the performance of athletes. Based on anecdotal information or partial literature, professional and amateur athletes tend to abuse many different plant-derived extracts and/or antioxidant nutrients with the purpose to counteract oxidative stress and improve physical performance. This Issue has the final objective to consider recent research about beneficial, neutral or negative effects induced by natural antioxidants supplementation in sports practice. The Special Issue invites submissions of manuscripts, either original research or reviews, with an emphasis on describing the interplay between oxidative stress, physical activity, nutritional strategies and skeletal muscle function. The main focus is on human studies, but work in animal models as well as in vitro studies will also be considered.





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## 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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