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## Polyphenols for Health and Sport

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### Message from the Guest Editor

Polyphenols are important elements of the diet. Most of them have a strong antioxidant effect, which is particularly important in the processes of cleansing and regeneration of the body. These compounds reduce the risk of cardiovascular diseases and cancer. Moreover, a growing body of evidence supports that strenuous physical effort may lead to a substantial enhancement of oxidative stress, which would increase requirements for exogenous antioxidants to strengthen antioxidant defence system in athletes. Polyphenol supplementation may limit or even prevent the exercise-induced tissue damage and help the athletes to recover from damage. However, the choice of polyphenols and its daily intake should be adapted to individual needs.



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