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## Polyphenols for Health and Sport

Guest Editor:

**Dr. Ewa Sadowska-Krępa**

Institute of Sport Sciences, The  
Jerzy Kukuczka Academy of  
Physical Education, 40-065  
Katowice, Poland

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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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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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