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» Journal Abstract

Signs of oxidative stress after exercise.

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Exercise is one of the factors that stimulate the aerobic metabolism, leading to an increased generation of reactive oxygen species (ROS). Mammals, including humans, have a complex antioxidant structure, which protects them against the toxic effects of ROS. This structure includes antioxidant enzymes and non-enzymatic scavengers of oxygen derived free radicals (ODFR). A disturbance in the pro- and antioxidant balance leads to oxidative stress, which often accompanies strenuous exercise. As a result of the excessive generation of ODFR, damage occurs to lipids, nucleic acids and the modification of proteins. Physical training alleviates the results of oxidative stress, mainly through an adaptable increase in the activity of antioxidant enzymes.

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FULL TEXT 439 KB

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