

Clinical trial >

Tridocosaehaenoine-AOX® as a cellular antioxidant protects DNA from oxidative harm and from lipid peroxidation derived from intense exercise

DESIGN

Crossed and controlled: control evaluation, after 2 weeks and after 3 months

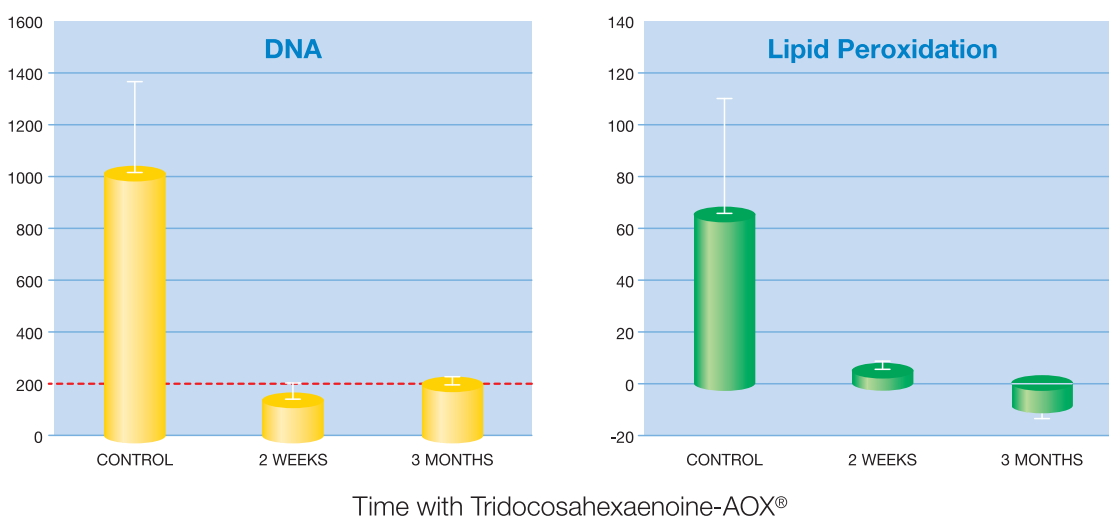
N=40 healthy sportsmen

Dosage: 2g/day of Tridocosaehaenoine

Intense exercise by means of static cycling following a standardized load of physical effort and energy consumption.

RESULTS

We can see a significant reduction in the DNA oxidative marker of the sportsmen after performing intense physical exercise (24 hour urine levels of 8-dioxiguanosine are reduced) with a dramatic improvement in the levels of plasmatic lipid peroxidation, both after 2 weeks and after 3 months of initiation of supplementation with 2g/day of Tricosahexaenoine-AOX®. Supplementation can get the levels of the DNA oxidative marker under the basal levels of oxidation while sleeping (dotted red line).



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*Dear Doctor, not all rich in DHA oils available on the market are the same.
Please ask for the technical specifications of the oil and also the activity proofs to your supplement supplier.*