

Summary# 45968

Topic: [Supplementation with Vitamins C and E May Boost Aerobic Power](#)

Keywords: **AEROBIC POWER, PHYSICAL ENERGY, ENDURANCE, ATHLETIC POWER, BIOENERGY, EXERCISE** - *Vitamin C, Vitamin E, Nutraceuticals, Nutriceuticals, Antioxidants, Vitamins, Supplementation, Bioenergetic Index*

Reference: *"The effects of vitamin e and vitamin C supplementation on bioenergetics index," Jourkesh M, Ostojic SM, et al, Res Sports Med, 2007; 15(4): 249-56. (Address: Department of Physical Education and Sports Science, Islamic Azad University, Shabestar Branch, Iran).*

Summary: In a study involving 36 male physical education students, supplementation with vitamins C and E for a period of 3 weeks was found to significantly enhance aerobic power, while no significant effect was found on anaerobic power. Subjects, who were on average 22.5 years of age, weighing approximately 65 kg, around 175 cm tall, with approximately 11% body fat, were assigned to one of four groups. Group 1 consumed 400 mg/d vitamin E, Group 2 consumed 1000 mg/d vitamin C, Group 3 consumed 400 mg/d vitamin E plus 1000 mg/d vitamin C, and group 4 served as the control group and consumed a placebo. Subjects underwent a running anaerobic sprint test to determine anaerobic power, and the Cooper 12-minute run test to assess aerobic power. Results found that subjects in all the 3 intervention groups (vitamin E alone, vitamin C alone, and vitamin E plus vitamin C) performed significantly better on the aerobic power test, as compared to subjects consuming the placebo. No significant effect of the vitamins was found on performance of the anaerobic sprint test. These results suggest that daily supplementation with vitamin E (400 mg), vitamin C (1000 mg), or vitamin E plus vitamin C for a period of 3 weeks may significantly improve aerobic power.