



Effect of 2 Weeks Vitamin E Supplementation to the Point of Anaerobic Threshold

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ABSTRACT The purpose of this study was to examine the effects of 400 mg vitamin E supplementation each day for two weeks on anaerobic threshold level. The study was done on volunteered male subjects (n=30) who were between the ages of 19-24 and they were students at the department of physical education and sports. In this study, Conconi test was used to determine the Anaerobic Threshold (AT) of the subjects and the True 750 S.O.F.T System treadmill was used to determine the AT and training intensity. Polar Heart Rate monitor was used to determine the heart rates of the subjects. Also, Roche Accutrend Lactate Analyser was used to determine the Blood Lactic Acid (BL) levels of the subjects. The subjects were divided randomly into three groups (vitamin E, placebo, and control). The subjects who were in the vitamin E and placebo groups took either vitamin E or placebo for two weeks. All measurements were taken before and after the supplementation period. Wilcoxon and Kruskal-Wallis methods were used to evaluate the effects of supplementation ($p < 0.05$). The results of the study showed that there was no significant difference among the groups in all the parameters [Heart Rate at Anaerobic Threshold (ATHR), Running Speed at Anaerobic Threshold (ATRS), Blood Lactate at Anaerobic Threshold (ATBL), Maximal Running Distance (RDM), and Maximal Heart Rate (HRM)]. From these results, it may be concluded that the daily intake of 400 mg vitamin E for two weeks had no effect on the physical performance of this group.