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Satellite Symposium: **Bioactive substances with application in sport**

TURMERIC: BENEFITS FOR ATHLETES

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Abstract

Dietary supplements, such as herbs, vitamins, minerals, amino acids, etc. are consumed to enrich the diet of athletes. They can contribute to a better adaptation to athletes’ training, as well as quicker recovery from physical exercises. Turmeric is one such substance, which has received wide-spread interest from medical, scientific and sports specialists due to its numerous benefits to human health and recovery. Curcumin is the most widely investigated bioactive component of turmeric, but recent research has shown that even curcumin-free turmeric is believed to be as effective as curcumin, and, therefore, this review concentrates on the effect of turmeric as a whole. Turmeric is known as the ‘golden spice’ because of its colour, as well as the vast documented history of its application as a medicine. Turmeric can help in the treatment of exercise-induced inflammation and muscle soreness, and, therefore, turmeric may enhance recovery in athletes. This current review focuses on the benefits of turmeric for athletes, including anti-inflammatory, antioxidant and muscle recovery activities exhibited by turmeric.