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槲皮素配方运动饮料对自行车运动员炎症反应影响的两阶段交叉试验研究 [点此下载全文](#)

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摘要:

摘要目的: 探讨长期补充槲皮素对大强度长时间运动后自行车运动员机体炎症反应的影响。**方法:** 22名自行车运动员随机分成两组进行随机、双盲、两阶段交叉安慰对照实验。每个干预阶段为4周, 两种干预阶段之间有4周的洗脱期, 干预前后进行运动能力测试, 每次运动能力测试前后采静脉血。结果: 大强度长时间自行车运动后, 干预前与干预后各干预组血清炎症性细胞因子白介素-6(IL-6)、白介素-10(IL-10)和热休克蛋白-72(HSP-72)比安静值明显升高($P<0.01$); 干预后、运动后及与安静值的差值变化中, IL-6和HSP-72组间差异非常显著($P<0.01$), 运动后IL-6活性槲皮素配方运动饮料干预(Q)比安慰剂对照干预(P)要低($P<0.01$), 升高的幅度比P干预要低($P<0.01$)。干预前后差值变化中, Q干预组和P干预组相比, 安静状态下差值无显著性组间差异($P>0.05$), 而运动后差值变化中, Q组干预后, IL-6增加值比P组要小($P<0.01$), 而IL-10和HSP-72增加幅度比P组要高($P<0.01$)。结论: 长期槲皮素配方运动饮料干预, 使大强度长时间运动后机体炎症细胞因子下降, 抗炎细胞因子和应激性保护蛋白生成增加。

关键词: [槲皮素](#) [炎症](#) [自行车运动员](#)

The effect of rich-quercetin sports nutrition beverage on inflammatory reaction of cyclists by two-phase crossover trial [Download Fulltext](#)

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Fund Project:

Abstract:

Abstract Objective: To explore the effect of rich-Quercetin sports nutrition beverage on inflammation in adult male professional cyclists. **Method:** A randomized, double-blind, active-controlled crossover design was used. The study was consist of two intervention phase, 4 week for every one. A 4-week wash-out phase was assigned between two intervention phase, Twenty-two cyclists were recruited who meet the study criteria and randomly divided into 2 groups. Before and after 4-week crossover phase, physical performance test was performed; before and after physical performance test the sample of blood was collected. **Result:** After long and high intensity exercise, serum interleukin-6(IL-6), interleukin-10(IL-10) and heat shock protein-72(HSP-72) content, were higher than those in rest status ($P<0.01$). After intervention, no difference of two group was observed in rest status for IL-6, IL-10 and HSP-72, while serum IL-6 content after rich-quercetin sports nutrition beverage intervention(Q intervention) was lower than that after placebo control intervention(P intervention), for serum HSP-72 content after Q intervention was higher than that after P intervention($P<0.01$). The difference of two intervention from pre-intervention to post-intervention were more evident for IL-6 and IL-10. **Conclusion:** The inflammation cytokine, anti-inflammation cytokine and protection-stress protein increased after long and high intensity exercise; the level of inflammation cytokine was induced and the protection-stress protein increased.

Keywords: [quercetin](#) [inflammation](#) [cyclist](#)

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