

## عنوان مقاله:

Determining the effect of Salvia officinalis supplementation on delayed muscle contusion after an Eccentric Activity session in male bodybuilders

## محل انتشار:

هفتمین کنفرانس ملی علوم ورزشی، تربیت بدنی و سلامت اجتماعی (سال: 1402)

تعداد صفحات اصل مقاله: 10

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## خلاصه مقاله:

Introduction (۰.۰۵). Conclusion: According to the results of the following findings, Salvia officinalis supplement reduces the inflammation caused by exercise, but it has no effect on the performance of athletes

## کلمات کلیدی:

Salvia officinalis, Eccentric, DOMS, TNF, CK, Sargent

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1728913>

