剣道選手における筋肉障害の抑制（酸化型CoQ10）

【試験概要】
摂取群(n=10)

対象群(n=8)

摂取期間14日
CoQ10 100mg/日

摂取期間6日
CoQ10 100mg/日

合宿

Serum creatine kinase (CK) activity before (pre), during (1 d, 3 d, 5 d), and after (post) training camp (−V−, coenzyme Q10; −W−, placebo). Values are means and standard deviations. Mean values were significantly different from pre: **P,0・01. Mean values were significantly different between coenzyme Q10 and placebo groups: †P,0・05.

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