

The effect L-carnitine in the early stages of the menstrual cycle women athletes to be aerobic - anaerobic lactate concentration and body composition after maximal activity

Mitra Ramzanzadeh*,

The aim of this study was to show the effect L-carnitine in the early stages of the menstrual cycle women athletes to be aerobic - anaerobic, lactate concentration and body composition after maximal activity. Methods: The study population who were semi-professional athletes was 20. Among them, patients were divided randomly into two group's of 10. Group exercise with L-carnitine supplements in the age of $24/70 \pm 2/86$ and BMI range of $19/72 \pm 0/38$. Set the test days per person, based on their menstrual history was recorded by the questions on the form were made. The exercise test on day 3 to 9 (follicular phase) and 18 to 25 (luteal phase) of the menstrual cycle in women has been taken 2 grams of L-carnitine was given to patients as 500 ml/gr capsules 2 times per day (2 x 2 x morning and evening) for 90 to 120 minutes before the workout. Dependent and independent t test and SPSS version 21 was used for data analysis. Results: Due to the significance level between the scores t follicular phase and the luteal phase indicator of aerobic capacity, anaerobic power, blood lactate and subcutaneous fat supplementation and placebo groups there was a significant difference in between. (p0/05) But between the groups in the index anaerobic power, blood lactate there was a significant difference. (P

Keywords : Keyword:L-carnitine, Blood lactate, aerobic capacity, anaerobic and body composition.

[Islamic Azad University, Rasht Branch - Thesis Database](#)
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)