

# Effect of vitamin E supplementation on lipid peroxidation and the antioxidant defense responses following an exhausting aerobic exercise

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## Abstract

**Background:** physical exercise could induce lipid peroxidation as a result of oxidative stress. And intake of antioxidant compound may alleviate this stress by enhancing antioxidant defense. This study aimed to investigate the effect of vitamin E supplementation as an antioxidant on the lipid peroxidation and serum total antioxidant capacity following exhaustive continuous aerobic exercise in wistar rats.

**Methods:** 28 wistar rats aged 4 month were assigned randomly into one of 4 groups: rest, rest vitamin E, continuous aerobic exercise, and continuous aerobic exercise-vitamin E. The supplement groups, were administrated a dose of 250 IU per one kilogram of daily intake food for one month of supplementation. All groups were subjected a familiarization treadmill protocol for two weeks. Finally, rats in continuous aerobic exercise groups exercised at 70%  $vo_2$  max. The running speed was 20 m/min at a gradient 5%. Serum malon dealdehyde (MDA) and total antioxidant capacity (TAC) were measured. Data were analyzed by one way ANOVA and sheffe post hoc at  $P<0.05$  level.

**Results:** The MDA increased significantly following continuous aerobic exercise ( $P<0.05$ ) but vitamin E could not decrease significantly the elevated response of MDA following exercise. However The TAC was higher significantly in continuous aerobic vitamin E group compare to the rest group ( $P<0.01$ ).

**Conclusion:** vitamin E supplementation despite of enhancement of the antioxidant capacity cannot prevent lipid peroxidation following continuous aerobic exercise in wistar rats.

**Key words:** Vitamin E, Total antioxidant capacity, Continuous aerobic exercise, Oxidative stress

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