

Review

# Recent Evidence of Vitamins and Exercise

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## ABSTRACT

In this review, recent developments in research on vitamins in sports nutrition are described. Antioxidants, including vitamin C, are widely used by athletes and the general population. Recent research has reported the importance of oxidative stress induced by exercise in muscle adaptation to exercise training. Vitamin D plays a critical role in bone metabolism, but growing evidence indicates that vitamin D is also involved in muscle development. Furthermore, the accessibility of urinary measurements of water-soluble vitamins for assessing vitamin intakes is discussed.

**Keywords:** Vitamins, Exercise, Antioxidant, Urine