

## **Effects of Bee Bread Supplementation on Isokinetic Knee Extension and Flexion of Lower Limb**

### **ABSTRACT**

A nutritional strategy is the common types of ergogenic aid used by athlete to enhance their sport performance. Athlete usually consumes bee products before a sports competition to make sure they have adequate nutrition, maximize their energy storage and enhance their sport performance. Scientific data on the ergogenic effects of bee products consumed at pre exercise on isokinetic knee extension and flexion of lower limb is scanty. This study investigated the effects of 8 weeks of bee bread supplementation at pre exercise on isokinetic knee extension and flexion of lower limb among athletes. Twelve volunteer athletes were recruited in this scientific study. Subjects consumed either bee bread at a dosage of 20 g.d-1 or placebo for 8 weeks prior to the experimental trial. Subjects' isokinetic knee extension and flexion of lower limb were measured before and after 8 weeks of experimental period. Statistical analyses were performed using ANOVA with repeated measures. This present study found that bee bread supplementation showed some positives impact on few measured parameters of isokinetic knee extension and flexion of lower limb.