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Hematologic Effects of Enzyme Q10 Supplements on Basketball Players Applying Combined Training Program

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ABSTRACT The purpose of this paper is to examine the hematological effects of coenzyme Q10 (CoQ10) supplement on athletes within the eight-week combined basketball training program. While in the Q10 non-supplemented group, rest state Eosinophil (109/L) and HCT (Hematocrits) (%) rates before the exercise where the training program ended were identified to increase significantly than the rest state prior to the first exercise at the beginning of the training program, in the group with Q10 supplement, just the Lymphocytes counts (1012/L) rates increased ($P<0.05$). In both groups, in the fatigue state, after exercise where the training program ended, WBC (Leukocyte counts x103), Lymphocytes counts (1012/L), Eosinophil (109/L), HGB Hemoglobin values (g/dl), HCT (Hematocrits) (%) rates were defined to increase significantly than the rest state prior to the first exercise at the beginning of the training program. However, while MCV (Mean corpuscular volume (fL)) values increased significantly in the group with Q10 supplement, a significant decrease was determined in the Q10 non-supplemented group ($P<0.05$). Hematological effects of the coenzyme Q10 supplement on basketball players were observed to be positive in the combined training applications.