

# Abstract

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## The effects of omega-3 supplementation on pulmonary function of young wrestlers during intensive training.

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**OBJECTIVE:** The purpose of this study was to examine the effects of omega-3 supplementation on young wrestler's pulmonary function during intensive wrestling training.

**METHODS:** Forty healthy young male wrestlers participated in this study. The subjects were randomly divided into experimental (n=10), placebo (n=10), active control (n=10) and inactive control (n=10) groups. Participants in experimental, placebo and active control groups performed wrestling incremental training up to 95% of exercise MHR, three times a week, for 12 weeks. The inactive control group did not participate in any exercise training. Subjects in the experimental group were asked to consume omega-3 (1000 mg/day for 12 weeks), while those in placebo were refused any doses of omega-3. The pulmonary variables were measured at baseline and at the end of 12 weeks of training program.

**RESULTS:** Results indicated that consuming omega-3 during 12 weeks training had a significantly positive effect on pulmonary variables such as FEV1, FVC, VC, MVV, FEF25-75, FIV1 (p=0.001), but no significant changes were observed in FEV1% (p=0.141) and FIV1% (p=0.117).

**CONCLUSION:** The results of the present study suggest that consuming omega-3 during intensive wrestling training can improve pulmonary function of athletes during and in post-exercise.

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