

test results under three conditions, no significant difference in diet.

On the other hand, the results suggest that there is no apparent effect of eating the food containing carbohydrates with different glycaemic index and glycaemic load 2 hours before athletics on the exercise tolerance and immune function. Compared with the glycaemic index and glycaemic load of food, the carbohydrate content of the diet before athletics may be the more important factor affecting the immune response in endurance sports.

CONFLICT OF INTEREST

The author confirms that this article content has no conflict of interest.

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