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SOME SPORTS ERGOGENIC AND DIETARY SUPPLEMENTS WITH ANTIMICROBIAL AND IMMUNOMODULATING PROPERTIES

Ergogenic supplements can be considered as certain minerals, vitamins, herbs, amino acids, metabolites and other combinations that are biologically active and that support the maximization of sports performance of athletes, prevent possible injuries and increase recovery time after sports [1]. The aim of the work was to analyze publications on the antimicrobial and immunomodulatory properties of some ergogenic and dietary supplements used by athletes. The study included theoretical analysis of publications, comparison, synthesis, generalization.

Among the substances and preparations known in the context of their antimicrobial or immunomodulatory properties in athletes, it should be noted:

Monolaurin is a natural compound found in coconut oil. It has antimicrobial properties, helping the body fight bacteria, viruses, and fungal infections [2]. It can be used by athletes to support immunity and speed up recovery after training.

Colostrum - the first milk produced after birth, rich in immunoglobulins, lactoferrin and other components that help strengthen the immune system [3]. In sports practice, it is used to maintain health [4].

Curcumin - the active component of turmeric, has powerful anti-inflammatory and antioxidant properties. It has antimicrobial and anti-inflammatory effects [5-6], helping athletes reduce inflammation and muscle soreness after training [7].

Thus, to deepen the scientific understanding of the spectrum of action of these compounds and their potential in biological systems, it is advisable to investigate their antimicrobial activity against a wide range of microorganisms.

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**THE FREQUENCY OF THE CHROMOSOMAL ABERRATION UNDER
GAMMA IRRADIATION OF DYPLOID AND TETRAPLOID FORMS
OF THE TUBERS OF THE S. TUBEROSUM SPECIES**

Main Content. One of the most important criterion of the evaluation of the radiosensibility of the target material in the effectiveness of the mutagenic agent is the frequency of induced chromosomal aberration [1].

In our experiment, to study reasons for different reaction of diploid (2n) and tetraploid(4n) forms of the potato under radiation exposure, chromosomal changes in the anaphase and telophase of the first mitotic division in meristem tissue of the embryo root after the irradiation of the bulbs at a dose of 10 and 25 Gr were studied.

It must be noted that gamma irradiation caused smartish lagging in the appearance of the first mitosis. Usual time for the fixation of the roots of the tubers is 8-9 a.m., but it was difficult to find enough cells with anaphase and early telophase in the fixed at this time material. A lot of