

Abstract

The thesis focuses on the significance of natural adaptogens. The aim of this thesis is to provide a comprehensive overview of the topic and to further examine specific adaptogens chosen by me, with a focus on their potential effects in supporting athletic performance, using available studies. It is a theoretical work that was developed through a literature review.

Keywords: adaptogens, adaptogenic herbs, tonics, tonic herbs, athletic performance, recovery. ashwagandha, giseng, rhodiola rosea