

## ROYAL JELLY AS A SUPPLEMENT FOR YOUNG FOOTBALL PLAYERS

### **Abstract**

*In direct application of scientific discoveries to good quality training process, royal jelly as a supplement is applied as a criterion of positive change in the phase of adaptation and exhaustion of young football players' bodies. Research carried out with 25 FC "Red Star" Belgrade football players, 12 years old, separated in 2 groups. Experimental group (15) took the supplement daily for two months. The control group (10) did not use the supplement. All the examines during the two months had a regular regime of training (4 times per week) and they competed in the youngest Belgrade league. It were observed 13 morphological characteristics in initial and final measuring. On the basis of the research results it could be concluded that football players from experimental group who used royal jelly had statistically significant increase of body height and muscle component, and decrease of fat component in final measurement comparing to the initial. Also, the results show statistically significant increase in circumference above knee and circumference of lower leg in experimental group on the end of the experimental treatment. The examinees from experimental group had higher average values in body height, body mass, muscle and bone component, and lower average value in fat component.*

**Key words:** royal jelly, nutrition supplement, muscle, fat and bone component

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