

	2 wk Treat.	Resistance Exer. Test 1	4 wk Washout Crossover	2 wk Treat.	Resistance Exer. Test 2
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(No supplement)

Group A (Untrained)	Vit E or placebo	24 sets RPE	-	Vit E or Placebo	24 sets RPE
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Blood Tests

MDA		↑	↑(2)		↑	↑(2)
Vitamin E	↑	↑		↑	↑	
Hb and Hct		↑	↑		↑	↑

(No supplement)

Group B (Trained)	Vit E or Placebo	24 sets RPE	-	Vit E or Placebo	24 sets RPE
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Blood Tests

MDA		↑	↑(2)		↑	↑(2)
Vitamin E	↑	↑		↑	↑	
Hb and Hct		↑	↑		↑	↑