

## **Abstract**

The bachelor thesis deals with the importance of natural antinutritive and toxic substances. The aim of this work is to provide a comprehensive view of the topic and further specify the selected group of substances with a focus on their possible effects on the health of the general population and the health of athletes. This is a theoretical type of thesis, which was processed using the method of literary research.

Key words: antinutrients, anti-nutritional factors, plant foods, potential health benefits, adverse health effect, proteas inhibitors, phytoestrogens