

PeptoPro® improves endurance

Time to exhaustion was used as a marker to measure the effect of PeptoPro® intake on endurance. Ten recreationally-competitive male cyclists/runners were tested in an experiment at James Madison University (Harrisonburg, Virginia, USA).

Procedure

Athletes performed a simulated duathlon, an 8km treadmill run at 80% VO_{2max} , 50km cycling bout at 70% VO_{2max} , and finally a treadmill run at 80% VO_{2max} until volitional exhaustion. Time until exhaustion was the primary response variable.

At 5km intervals during the cycling segment, subjects consumed a total of 1.5 litre of a drink, containing only carbohydrates (6%; CHO), carbohydrates + 1% protein (CHO+ PeptoPro®), or carbohydrates + 2% protein (CHO+ PeptoPro®).-The tests were performed at intervals of at least 7 days.

Results

Time to exhaustion in the final run segment was significantly longer ($p < 0.05$) in trials utilising PeptoPro®-containing beverages (15.9 ± 7.5 minutes) compared to CHO (13.0 ± 8.3 minutes). There was no significant difference in TTE between CHO+PeptoPro® 1% (17.5 ± 8.7 minutes) and CHO+PeptoPro® 2% (14.2 ± 7.9 minutes) treatments.

Conclusion

Addition of PeptoPro® to a carbohydrate drink improves endurance, measured as time to exhaustion.