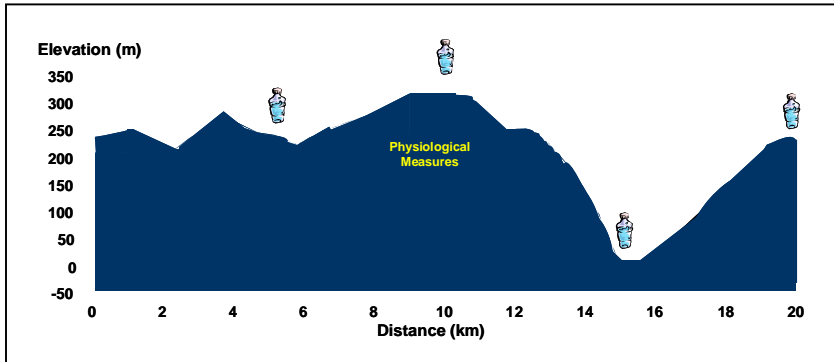


PeptoPro® improves physical performance

In another experiment at James Madison University (Harrisonburg, Virginia, USA), performance was tested in a time trial.

Procedure

Thirteen well-trained subjects cycled 3 simulated laps of 20km, making 60km in total, which included a change in elevation of over 1200m (5% grade in the last 5km of each round). The trajectory is shown in the figure below.



After each 5km, athletes drank 200ml of a test drink containing 6% carbohydrates (CHO) or 6% carbohydrates + 1.8% PeptoPro® (1.5% protein). Upon completing the 60km, the subjects consumed 500ml of the test drink.

Results

Consuming the drink containing PeptoPro® resulted in a time of 134.4 minutes to complete the 60km route, compared to 135.0 minutes at CHO-only. This difference was due to the last 20km of the route (44.3 vs. 45.0 minutes), and particularly the final 5km climb (16.5 vs. 17.0 minutes). The last two differences were statistically significant.

Conclusion

Addition of PeptoPro® to a sports drink consumed during exercise improves performance.