

PeptoPro® improves recovery after exercise

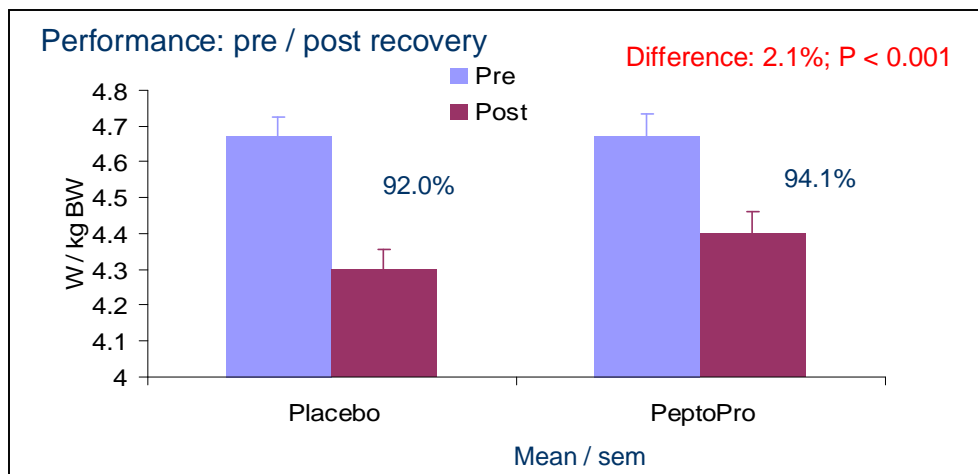
Post-exercise recovery was tested in an experiment performed at the Olympia Stützpunkt Rhein-Ruhr in Essen, Germany. Fifty Olympic-level athletes participated in the experiment. The athletes, 26 men and 24 women, from different sports disciplines (badminton, athletics, rowing, hockey, swimming, tennis) performed two tests each. In one test a carbohydrate-only drink was given during the recovery period, in the other test a carbohydrate plus PeptoPro® drink. The tests were performed with an interval of a week.

Procedure

Athletes performed exercise (cycling) until their blood lactate level was 4 mmol/l or higher (defined as exhaustion). They then rested for 4 hours, during which time they consumed a drink, directly, 30, 60, and 120 minutes after finalising the bout of exercise; each time 330 ml. Per 330 ml, the drinks provided 28 g carbohydrates or 28 g carbohydrates + 14 g protein from PeptoPro®. After 4 hours, athletes performed another bout of exercise until blood lactate level was higher than 4 mmol/l. Power exerted during this exercise bout was measured. The decay in power was used as an indicator for recovery.

Results

Results are indicated in the graph:



After consuming the carbohydrate-only drink, performance in the second bout of exercise was 8% worse than in the first bout. Addition of PeptoPro® reduced this performance decay significantly to 5.9%.

Conclusion

Addition of PeptoPro® to a carbohydrate drink improves recovery from exercise, resulting in improved performance in subsequent exercise.