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Ingredients for sporting success

For many consumers there is an overlap between energy and sports drinks, with energy drinks frequently used for a burst of energy and concentration, while sports drinks aid in gradual energy delivery, muscle repair and stamina. **beverage innovation** will run a full feature on sports drinks in May 2007.

Amino acids following spreads from Japan

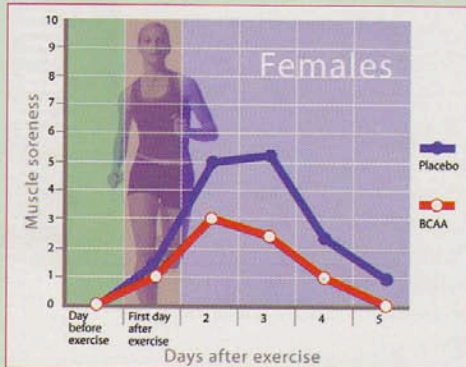
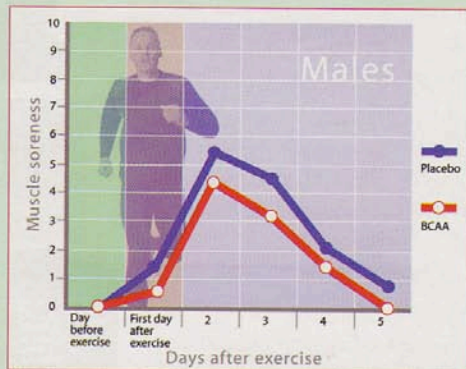
Sports drinks containing amino acids today occupy 10% of the Japanese beverage market and have also been introduced to Korea, Taiwan and the US with a growing following.

According to a new scientific study from Japan, adding small amounts of branched-chain amino acids to the diet alleviates muscle soreness and fatigue following exercise.

The research, published in the *Journal of Nutrition*, reveals that people who consumed a mixture of the three branched-chain amino acids, isoleucine, leucine and valine, prior to a workout, cut their recovery times and had reduced muscle soreness during the following four days. The substances work by reducing muscle protein breakdown during exercise, as well as stimulating muscle protein growth.

Other research has shown that amino acid supplements could lessen fatigue caused by increased levels of tryptophan during sports. By competing with the tryptophan in the blood stream, branched chain amino acids help regulate levels of tryptophan transported to the brain.

For further information, visit www.ajinomoto.be



Source: Shimomura, Yamamoto et al. *Journal of Nutrition* 136:2006