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## What's new in ingredients

### Research confirms amino acid aid for exercise recovery

A new scientific study shows that adding small amounts of branched chain amino acids to the diet helps people avoid muscle soreness and fatigue following exercise.

The study, undertaken by a group of researchers in Japan and published in the *Journal of Nutrition* shows that people who took a mixture of isoleucine, leucine and valine (the three branched chain amino acids) before a workout had less delayed onset muscle soreness and less fatigue than those who did not.

Branched chain amino acids work synergistically, reducing muscle protein breakdown during exercise and stimulating muscle protein growth.

Other research suggests that supplements can help maintain a normal balance of branched chain amino acids in the blood by replacing those used during exercise.



These amino acids help to prevent feelings of fatigue caused by increased levels of tryptophan. By competing with tryptophan in the bloodstream at the blood brain barrier, branched chain amino acids decrease the levels of tryptophan transported into the brain.

For more information, visit: [www.ajinomoto.be](http://www.ajinomoto.be)