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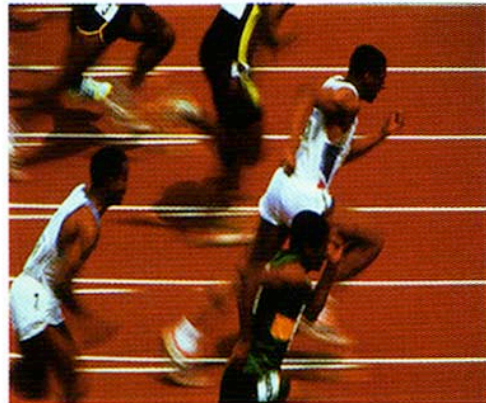
CIRCULATION: 3,500

Amino acids aid athletes

A new scientific study has shown that adding small amounts of branched-chain amino acids to the diet may help people avoid muscle soreness and fatigue following exercise, adding to the growing body of evidence that amino acids can contribute to the performance and well-being of sportsmen and women.

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 work-out had less delayed-onset muscle soreness and less fatigue than those who did not.

Combinations of amino acids



can play a role in helping the body to handle the stresses and strains of participation in sports.

Branched-chain amino acids work synergistically, reducing muscle protein breakdown during exercise, as well as stimulating muscle protein growth. By using combinations of branched-chain amino acids, recovery times following strenuous exercise can be cut.