

# NITRATE

## ESTABLISHED PERFORMANCE SUPPLEMENT



### Sources



Nitrate-rich foods including leafy green and root vegetables (i.e. spinach, rocket, celery, beetroot, etc.), although beetroot juice is the more popular supplement choice for exercise settings

### Performance

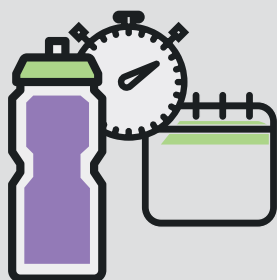
Nitrate supplementation has been shown to improve blood flow, oxygen uptake and running economy

Of interest for middle & long distance running and multievents



### Protocol

Acute performance benefits are generally seen within 2–3 hr following a bolus of 375–750 mL



Chronic periods of supplementation (>3 days) also appear beneficial to performance

### Limitation

VO<sub>2</sub>max



Benefits

Performance gains appear harder to obtain in elite athletes, with limited to no benefits generally seen in athletes with a VO<sub>2</sub>max >60 ml/kg

### Side Effects

Individual trials prior to use in competition are recommended especially in gut-sensitive athletes

