

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

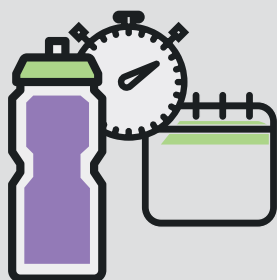
Nitrate supplementation has been shown to improve blood flow, oxygen uptake and running economy

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

VO₂max



Benefits

Performance gains appear harder to obtain in elite athletes, with limited to no benefits generally seen in athletes with a VO₂max >60 ml/kg

Side Effects

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

