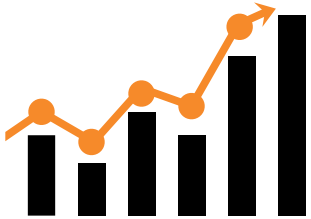


# DID YOU KNOW?

## NITRATES

### PERFORMANCE IMPACT



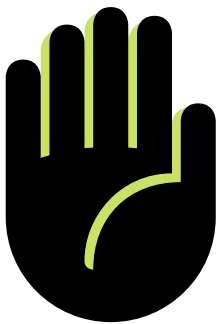
- Improve blood flow and oxygen delivery to working muscles
- Increase vasodilation - reduce blood pressure
- Increase aerobic capacity (<60 min)
- May reduce RPE during intense exercise training



### LONG TERM IMPACT

- May increase VO<sub>2</sub>max
- May lead to increased running economy and efficiency
- Reduce oxygen cost at submax exercise intensity
- May improve intense exercise tolerance

### DOSE AND USE PROTOCOL



#### SOURCES:

Beetroot juice, supplements, arugula, spinach, mustard greens

3 days out from competition: 300-800 mg. nitrate  
Consume 2-3 hrs. prior to training

### CAUTION



- May have limited benefits with highly trained athletes
- May not improve performance in SS exercise > 60 min
- Need to test in PRACTICE/TRAINING before COMPETITION