

# ESTABLISHED PERFORMANCE SUPPLEMENT SODIUM BICARBONATE

## How does it work?



Intense exercises cause hydrogen ions accumulation in muscle & blood



Muscle acidity causes fatigue and decreases performance



Sodium bicarbonate acts as an extracellular (blood) buffer



pH levels stabilize during exercise and performance increases due to delayed fatigue

### Of interest for:

- Sustained sprints
- Middle-distance running
- Multievents



## Protocol

1. Single acute dose of 0.2–0.4 g/kg body mass, consumed 60–150 min prior to exercise
2. Or split doses taken over a 30–180 min time period
3. Or serial-loading with 3–4 smaller doses per day for 2–4 consecutive days prior to an event

## Gastro-intestinal distress

To minimize gastro-intestinal upset:

- A** Co-ingest with a small, carbohydraterich meal (~1.5 g/kg of body mass)
- B** Use sodium citrate as an alternative
- C** Test split doses

Thorough investigation into the best individualized strategy is recommended prior to use in a competition setting

