



CYCLING FUEL ALPHA

Formula Designed For Cyclists

THE EFFECTIVENESS OF BEETROOT FOR CYCLISTS

Consumerreports.org - And in another 2018 study, this one published in the Journal of Applied Physiology, researchers gave athletes beetroot (in a supplement) or a placebo before and during 2 hours of moderate-intensity cycling. **Those who got the beetroot showed less muscle fatigue and reduced oxygen consumption.**

[\(https://www.consumerreports.org/healthy-eating/are-beets-good-for-you/\)](https://www.consumerreports.org/healthy-eating/are-beets-good-for-you/)

Medicaldaily.com - Boosts Strength. Beet juice can be valuable if you're looking to boost endurance during your workout. Previous research has found those who drank beet juice before working out were able to exercise for up to 16 percent longer. Researchers believe the nitrate content in beets, which turns into nitric oxide, **reduces the oxygen cost of low-intensity exercise while enhancing the stamina for high-intensity exercise.**

[\(https://www.medicaldaily.com/7-beets-benefits-your-health-losing-weight-better-sex-420462\)](https://www.medicaldaily.com/7-beets-benefits-your-health-losing-weight-better-sex-420462)

Health.com - You may improve your stamina

When elite athletes pee in a cup for a drug test, the color might be crimson. Why? Because lots of athletes eat beets—they know research has suggested that nitrates boost endurance performance—and beets contain pigments that turn urine pink. In one study, **cyclists who drank beet juice could pedal hard 15% longer in a time trial to exhaustion. It takes about three to five beets (depending on their size, which**

varies widely) to get a performance boost, says study author Andy Jones, PhD, dean of research in the College of Life and Environmental Sciences, University of Exeter. “Peak nitrate levels occur two to three hours after you eat or drink them,” he says. So time your intake accordingly if you want to crush your 5K PR. (<https://www.health.com/nutrition/beets-health-benefits>)

Pubmed - [Link To Pubmed Study](#)

Healthline.com - Increased Exercise Capacity

Numerous studies suggest that nitrates can enhance physical performance, particularly during high-intensity endurance exercise.

Dietary nitrates have been shown to reduce oxygen use during physical **exercise** by affecting the efficiency of mitochondria, the cell organs responsible for producing energy

Beets and their juice are often used for this purpose because of their high inorganic nitrate content.

Consumption of beetroots may improve running and cycling performance, increase stamina, boost oxygen use, and lead to better exercise performance overall. (<https://www.healthline.com/nutrition/foods/beetroot#benefits>)

Lifehack.org - Optimizes Exercise

Beetroot can help reduce your muscles' consumption of oxygen. This means that your body will require less oxygen during exercise. Therefore you will have more stamina and endurance and you'll feel less fatigued. This is further aided by the fact that it also contains nitrate, which assists in carrying oxygen around your body. This also makes beetroot highly beneficial for pregnant women who need an extra energy boost. (<https://www.lifehack.org/articles/lifestyle/11-benefits-beetroot-you-probably-dont-know.html>)

Whfoods.com - Beet fiber has also been a nutrient of increasing interest in health research. While many people tend to lump all food fiber into one single category called "dietary fiber," there is evidence to suggest that all dietary fiber is not the same. Beet fiber (along with carrot fiber) are two specific types of food fiber that may provide special health benefits, particularly with respect to health of our digestive tract (including prevention of colon cancer) and our cardiovascular system. Some beet fiber benefits may be due to the pectin polysaccharides that significantly contribute to the total fiber content. (<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=49>)

Bbcgoodfood.com - Other studies have looked at the effect of beetroot juice on [blood pressure](#). A reduction in blood pressure is beneficial for the avoidance of heart disease and stroke. Studies state that nitrate rich foods like beetroot may help in heart attack survival.

Beetroot juice has gained popularity since Paralympic gold medalist David Weir announced that a shot of the juice was his secret to success.

(<https://www.bbcgoodfood.com/howto/guide/ingredient-focus-beetroot>)

Webmd.com - Beet Juice Benefits

In some studies, drinking about 2 cups of beet juice daily or taking nitrate capsules lowered blood pressure in healthy adults.

Beet juice may also help your stamina when you exercise. In one study, people who drank beet juice for 6 days had better stamina during intense exercise.

(<https://www.webmd.com/food-recipes/features/truth-about-beetroot-juice>)

Foodrevolution.org - Benefits of Beets #2 — They Can Make You a Better Athlete

The nitrates in beets [improve](#) blood flow, which helps move oxygen throughout your body.

Endurance athletes often drink beetroot juice to improve performance, which has got to be one of the healthiest and most delicious forms of doping ever invented. Better oxygen flow means that the athlete’s heart and lungs don’t have to work so hard during exercise, allowing them to perform vigorous activity for longer.

Beets can also [increase](#) time-to-exhaustion in athletes. In other words, drinking beet juice before exercise seems to prevent fatigue. Beet juice also prevents muscles from exhausting. It’s not clear [whether](#) this is because muscle damage lessens or because repair is enhanced, but either way, the results are positive.

Studies suggest that beetroot juice [should](#) be consumed within 90 minutes of starting athletics for the best outcomes. (<https://foodrevolution.org/blog/benefits-of-beets/>)

Medicalnewstoday.com - Boosting athletic performance - Certain compounds in beetroot juice, such as nitrates and betalains, may improve athletic performance.

According to a [2017 systematic review](#), nitrates can boost a person’s athletic efficiency **by increasing blood flow and oxygen to the muscles.**

A 2018 study looked at the effects of betalain on 28 trained male cyclists. The cyclists received 100 mg of either beetroot concentrate or placebo every day for a week. Compared with the placebo group, the beetroot concentrate group had higher exercise efficiency and increased blood flow.

<https://www.medicalnewstoday.com/articles/324898#dosage>

AND

Beetroot has been gaining in popularity as a superfood. **Recent studies claim that beets and beetroot juice can improve athletic performance, reduce blood pressure, and increase blood flow.**

So much so that an increasing number of juices and drinks are now incorporating this nutritious food.

Beetroot comes from the same family as sugar beets. However, it is genetically and nutritionally different. Sugar beets are white, and manufacturers tend to use them for extracting sugar and sweetening processed foods. It is not possible to extract sugar from beetroot, which is mostly red or gold.

Exercise and athletic performance

Some studies have found that beetroot juice supplementation can improve the amount of oxygen that muscles absorb during exercise. One 2019 study found that high doses of beetroot juice improved the time trial results of experienced cyclists.<https://www.medicalnewstoday.com/articles/277432#benefits>

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