



Ketones

Novel Nutrition Supplement & Cycling Performance Study

UCD Institute of Sport and Health



Aim: Investigate the effect of a novel sports supplement, *Ketone Bodies*, on the metabolic response to submaximal exercise

We are looking for trained male/female cyclists (18-35yrs) to visit our exercise physiology lab on three occasions

Visit 1: You will have your stature and body composition DEXA scan. Then, on a stationary bike, you will perform a lactate profile and VO₂max exercise test to determine your levels of aerobic fitness.

Visits 2 and 3: You will ingest 60g of ketone bodies or a placebo beverage 1 hour before exercise. You will then perform 48 minutes of submaximal cycling (Six 8-minute stages at 30%, 40%, 50%, 60%, 70% and 80% of your aerobic fitness). Blood samples will be taken during exercise (approx. 5ml each); heart rate and blood lactate levels will also be monitored during the exercise session.

Why Should I Participate?

Gold standard assessment of body composition and aerobic fitness using DXA, laboratory based VO₂max and lactate profile testing. We will be able to assess your fitness relative to your peers and international norms. These results can be used to plan your next phase of training relative to accurate fitness values. The assessment of your lactate threshold can be used to benefit your training; by identifying the upper limit of your sustainable work output.

Contact **Mark Evans** to find out more

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