



Can Beetroot Juice Improve Power?

University of Utah researchers seek volunteers for a study to determine if Beetroot Juice improves maximum cycling power or fatigue resistance.



ELIGIBILITY:

- Trained individuals who actively compete in sports and physical training
- 18-44 yrs

REQUIREMENTS:

- Be able to report to the Neuromuscular Function Lab for 5 visits
 - The 1st visit will last ~30 minutes
 - The final 2 days require 2, 30 minute visits, each separated by ~2 hours

*Participants will receive full disclosure of individual results upon completion of study.

Interested? Please contact Ernie Rimer (Ph.D. student):
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The information posted on this site is consistent with the research reviewed and approved by the University of Utah Institutional Review Board (IRB). However, the IRB has not reviewed all material posted on this site. Contact the IRB if you have questions regarding your rights as a research participant. Also contact the IRB if you have questions, complaint, or concerns which you do not feel you can discuss with the investigator. The University of Utah IRB may be reached by phone at (801) 581-3655 or by e-mail at irb@hsc.utah.edu.