Investigating the effect of topical carnosine on rowing performance

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Status	RECRUITING
Sponsor	University of Waikato
Enrollment	16 participants

Plain Language Summary

Carnosine is a naturally occurring compound found in muscles that helps buffer acidity during intense exercise — essentially allowing muscles to keep working harder for longer before fatigue sets in. Beta-alanine is the most common way to raise muscle carnosine levels, but it requires about four weeks of supplementation to take effect. A carnosine gel applied directly to the skin may be a faster alternative, bypassing the loading phase entirely.

This study is investigating whether applying topical carnosine before exercise improves 1,500 metre rowing ergometer performance in club-level rowers. Participants will complete rowing time trials under two conditions — with and without the gel — so researchers can directly compare performance.

You may be eligible if you are an experienced rower (more than 3 years of rowing), aged 17 to 30, and have not used beta-alanine supplements in the past 30 days. Both male and female rowers are welcome to participate.

Key Eligibility Criteria

Inclusion (1)

- Sixteen club-level rowers will be recruited for this study. Volunteers will be eligible if they are an experienced rower (> 3 years rowing) aged 17 – 30 years, and have not used beta-alanine supplementation within 30 days of the first testing session. Both males and females are eligible to take part in this study.

Exclusion (1)

- Rowers will be excluded if they have used beta-alanine supplementation within 30 days of the first trial.

Locations (1 total)

Waikato, Bay of plenty, Auckland, New Zealand