

Effects of 2alanine and Sodium Bicarbonate Supplementation on Physical Capacity and Biochemical Markers Concentrations

NCT07092930

Status	RECRUITING
Phase	Phase 3
Sponsor	Poznan University of Physical Education
Enrollment	100 participants

Key Eligibility Criteria

Inclusion (5)

- written consent to participate,
- general good health condition,
- a current medical clearance to practice sports,
- training experience: at least 4 years,
- minimum of 4 workout sessions (in the discipline covered by the study) a week.

Exclusion (5)

- current injury,
- any health-related contraindication,
- declared general feeling of being unwell,
- taking supplements, especially ergogenic supplements that modulate extra- and intracellular capacity 3 months prior to research (except taking protein and/or carbohydrate powders, isotonic drinks),
- unwilling to follow the study protocol.

Locations (1 total)

Department of Sports Dietetics, Poznan University of Physical Education PoznaD, Poznan, Wielkopolska, Poland