

BRANCHED CHAIN FOR PAIN

News on the effects of branched-chain amino acids on muscle soreness

When it comes to weight training, soreness comes with the territory. Whether you're coming back from a layoff or starting a new type of training program, you'll undoubtedly experience some type of soreness at one point or another. Mild soreness is generally not a big deal for most of you; in fact, those of you who have the "no pain, no gain" mentality may even view soreness as a sign of a good workout. Moderate to severe soreness, however, can put a damper on your training intensity and, potentially, your gains. Unfortunately, once the soreness has set in, not much can be done other than wait for it to subside. Researchers have investigated numerous methods for alleviating soreness, from ice water baths to over-the-counter anti-inflammatories, but most methods have shown little success. Given such poor success rates, it would seem that the best way to alleviate soreness is to prevent it in the first place.



In an attempt to curb muscle soreness after training and competition, you might consider BCAAs. Then again, you should read this research review first.

Original Research

Shimomura, Y., et al. Branched-chain amino acid supplementation before squat exercise and delayed onset muscle soreness. *International Journal of Sport Nutrition and Exercise Metabolism* 20:236-244, 2010.

Power Key: DOMS, soreness, protein, amino acids, muscle damage