

FATIGUE FIGHTING

How a specific blend of amino acids can fight fatigue and improve your performance

As you fatigue, your strength and power wane, your technique falters, and you can even find yourself making tactical errors in decision making. The effects of fatigue can impact athletes in all sports. In team sports, as you fatigue, your teammates are fatiguing as well, and if the above-named effects affect all the members of the team, then you can see that losing becomes a real solid proposition. In nonteam sports, such as wrestling, the effects of fatigue affect only you, but nevertheless can be devastating to your mind and body's ability to perform at a high level. A nutritional intervention to counteract the effects of fatigue, therefore, would represent a practical and effective way to maintain high levels of sport performance. Researchers from Victoria University, Monash University, Macquarie University, and the Australian Institute of Sport investigated whether a nutritional supplement might lessen the effects of fatigue.



A specific type of amino acid supplementation might be able to lessen the physical and mental effects of fatigue.

Original Research

Stepito, N.K., et al. Effects of high-dose large neutral amino acid supplementation on exercise, motor skill, and mental performance in Australian rules football players. *Applied Physiology, Nutrition, and Metabolism* 36:671-681, 2011.

Power Key: fatigue, mental function, amino acid, mood, agility