

BEETS

Will they give you an edge to “beet” the competition?

Why beet juice?

- Rich in natural chemicals called nitrates.
- Nitrates are changed to nitric oxide in your body through a series of reactions.
- Nitric oxide cause blood vessels to dilate and increases blood and oxygen flow to muscles.
- The quantity of beets used in most scientific studies was 500 mL beet juice or 2-4 oz. of concentrated beet juice .
- Eating whole beets will not give the same quantity of nitrates because cooking restricts some of the nitrates.



NUTRITION OF BEETS:

- EXCELLENT SOURCE OF ANTIOXIDANTS AND MICRONUTRIENTS INCLUDING: FOLATE, MANGANESE, COPPER, POTASSIUM, VITAMIN C, & BETALAIN (PHYTONUTRIENT)
- HIGH CONCENTRATION OF DIETARY NITRATE

Potential Benefits

- Enhanced muscular efficiency during sub-maximal exercise
- Reduce oxygen cost of exercise.

Use less oxygen and energy at a given intensity.

- Increase time to exhaustion

Improve race time.

- Improve exercise tolerance

Exercising at a given intensity is less tiring.

There are different brands of beetroot juice products available, listed is a brief description of three of the leading products. Consult a sports dietitian before beginning a new supplement.

Beet It.

This product is 100% natural and free of GMO's preservatives, colorings, and flavorings. It can be purchased in three different forms; as a single-strength juice, a concentrated beet juice 2oz. shot, or as a beet and oat bar. Each form contains 0.5 g nitrate preserving. The 2oz. shot corresponds to 300 mL of beet juice. Dosage: Take only 1 serving a day, 1-12 hours before activity.

Beet Elite

Made with organic beets, this product claims to contain the nitric oxide content of 6 beets in one 2oz. shot. The shot comes in regular or black cherry flavor and is equivalent to 1 L of beet juice. The product can also be purchased in a canister as a powder; mix 1 scoop powder with 4 oz. water. Dosage: Consume 30—60 minutes before exercise.

Red Ace

Made with 100% organic beet juice, this product comes in 2oz bottles. Each bottle contains the equivalent of three beets and is flavored with organic lemon juice and organic berries. Dosage: take daily.

Limitations: The performance improvements see in studies are small, such as 2-3 seconds in a 1500 meter run. Other studies indicate that benefits may not be as effective in highly trained or elite athletes. Some individuals may need larger doses to experience benefits.

*all product information was taken from their respective site.