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## ATP Supplement Study

**Target Population** - Male Cyclists or triathletes between 18-35 years old.

### Testing Includes Population

- True VO2 max Test & Advanced Body Composition
- Two Wingate Peak Power Profile Test Days

### Time Requirements

- VO2 max & Body Comp = 90 mins on the your own bike on our Cycles 2 ergometer system.
- Each Wingate Test Day 75-90 mins one time a week under either placebo or the oral ATP treatment.

### Benefits For Participating

- Free research grade metabolic testing and anaerobic power output profile (Value \$225.00)
- Free metabolic oxygen saturation profiling and lactate exercise profile (Value \$125.00)
- Grant sponsored discounts on testing and lab sponsored products for 6 months post completing the study. This includes Christmas gifts.
  - Garmin products 20% off any product
  - Campy products 15% off any product
  - Tacx products 15% off any product

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## BEET Nitrate Supplement Study

**Target Population** - Male cyclist or triathletes between 30-55 years whose VO2 max values meet the 60th percentile for their respective age.

### Testing Includes Population

- True VO2 max test & Advanced Body Composition
- Two Lactate Threshold and Metabolic Efficiency Tests With A Comprehensive Regional Muscle Oxygenation and Blood Flow Profile. Also, an advanced cardiac impedance system will measure your heart's contractile strength (cardiac output and stroke volume per heart beat). †
- Two Functional Threshold Tests; Two High Intensity Interval Tests †

*† - For these trials, blood samples will be taken multiple times using a small venous catheter placed in an arm vein so we can measure your blood nitrate, nitrite, nitric oxide, and lactate values under each treatment condition.*

### Time Requirements

- Total in lab time is 11.5 hours of high quality cycling training time spread out over 4 weeks of time
  - Week 1: baseline and qualifying
  - Week 2: Supplement Treatment A (3 days)
  - Week 3: Supplement Washout
  - Week 4: Supplement Treatment B (3 days/

### Benefits For Participating

- Total value of testing including all performance and medical testing is \$2,500.00 at no cost to a subject
- For completing the study, each participant will receive \$250.00 cash or can apply those dollars to future testing or products (See below).
- Grant sponsored discounts for 6 months post completing the study. This includes Christmas gifts.
  - Garmin products 20% off any product
  - Campy products 15% off any product
  - Tacx products 15% off any product

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### TO VOLUNTEER OR GET MORE INFORMATION

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