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Effects of Single-Dose Dietary Nitrate on Oxygen Consumption During and After Maximal Exercise in Healthy Humans

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INTRODUCTION

• Oxygen is the substrate for aerobic metabolism; with exercise, oxygen consumption (VO\textsubscript{2}) will increase to provide the substrate for energy production. As VO\textsubscript{2} increases, energy expenditure (Kcal) also increases.

• As exercise begins, the amount of O\textsubscript{2} needed increases faster than the body can increase its uptake. At cessation of exercise, the body continues to maintain an elevated VO\textsubscript{2} rate to make up for the deficit. This continued elevated intake is referred to as excess post-exercise oxygen consumption (EPOC).

• Dietary nitrate supplementation has been shown to decrease VO\textsubscript{2} at a given workload\textsuperscript{2}, increase performance in time trial\textsuperscript{2}, and decrease diastolic blood pressure\textsuperscript{3}. However, there is a lack of published data regarding the effect of nitrate supplementation on EPOC.

• Therefore, we tested the hypothesis that acute nitrate supplementation in the form of beetroot juice will significantly decrease VO\textsubscript{2max} and excess post-exercise oxygen consumption (EPOC).

METHODS

Subjects, Instrumentation and Measurements
- A total of 8 healthy young individuals aged 19-31
  - maximal, n=4; submaximal, n=4
  - Parvo Medics TrueOne 2400 Metabolic Cart
  - Heart rate (HR) determined by Polar H7 Smart Chest Transmitter
  - Blood pressure (BP) measured with automatic sphygmomanometer
  - RPE measured on a 6-20 Borg Scale

Control Condition
- 70 ml antibacterial mouthwash rinse
  - prevent conversion from NO\textsubscript{3} to NO
- 70 ml Beet Sport Shot (BR)

Nitrate Supplementation
- 70 ml water rinse
- 70 ml Beet Sport Shot (BR)
- administered orally

Cycle Ergometry
- Experimental visits
  - Maximal Exercise (Control)
  - Maximal Exercise (BR)
- Prolonged (45 min) Submaximal (% of Ctrl Max) (Control)
  - Prolonged (45 min) Submaximal (% of Ctrl Max) (BR)
- Prolonged (45 min) Submaximal (% of BR Max) (BR)

Experimental Protocol
- No familiarization visits
- No braked ergometer used

RESULTS

1 Subject Characteristics

<table>
<thead>
<tr>
<th>Variable</th>
<th>Mean ± SEM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (year)</td>
<td>24.88 ± 1.41</td>
</tr>
<tr>
<td>Height (cm)</td>
<td>181.29 ± 2.88</td>
</tr>
<tr>
<td>Weight (kg)</td>
<td>78.15 ± 3.17</td>
</tr>
<tr>
<td>Body Fat (%)</td>
<td>15.81 ± 1.50</td>
</tr>
<tr>
<td>BMI (kg/m\textsuperscript{2})</td>
<td>23.71 ± 0.40</td>
</tr>
</tbody>
</table>

2 Pre-Exercise Energy Expenditure

3 VO\textsubscript{2} Max

4 Dynamic Oxygen Consumption

5 Post-Exercise Energy Expenditure

6 60 Minute EPOC

REFERENCES


CONCLUSIONS

• Contrary to our hypothesis, in young, healthy, untrained males, VO\textsubscript{2max} is not attenuated with nitrate supplementation.

• Accordingly, contrary to our hypothesis, EPOC is not lower in this condition.

• These findings are relevant given the increase in supplementation use, particularly for both health and performance goals.

• Some experimental considerations include:
  - Subject population and number
  - Electronically braked ergometer not used
  - No familiarization visits
  - Lack of plasma NO\textsubscript{3} measures

PERSPECTIVES

The collective data derived from the present investigation fails to provide evidence to support our hypothesis that nitrate supplementation will significantly decrease maximal oxygen consumption and EPOC. Follow-up investigations should test highly-trained males in order to observe the effects of NO\textsubscript{3} supplementation on VO\textsubscript{2max} in this population. If no significant effects are seen in the elite population, this could impact the growing use of the supplement as an ergogenic aid in sport performance.

ACKNOWLEDGEMENTS

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