

Pre-clinical data supports Velositol's benefits for muscle building activity

Breaking News on Supplements, Health & Nutrition - North America

By Stephen Daniells, 03-Jul-2017

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Adding a combination of amylopectin and chromium to branched chain amino acids or pea protein may increase the rate of muscle protein synthesis compared to using BCAA or pea protein alone, according to preclinical studies using Nutrition 21's Velositol ingredient.

Muscle protein synthesis (MPS) was increased by 25% when the amylopectin and chromium combination was used with BCAA, compared to BCAA alone, while adding Velositol to pea protein enhanced MPS by 43% over pea protein alone.

The data, presented at the recent conference of the International Society of Sports Nutrition (ISSN) in Phoenix, AZ, builds on [earlier human data](#), published in *Journal of the International Society of Sports Nutrition* (Ziegenfuss et al. 2017, 14:6), which found that the amylopectin and chromium combination ingredient doubled the MPS rate by 48% from baseline values when combined with six grams of whey protein, compared to a 24% increase for whey protein alone.

The new studies also investigated if higher doses of whey protein could potentially raise the "ceiling effect" seen in MPS with increasing doses of protein. The data from this study indicated that Velositol could indeed

enhance exercise-induced MPS over whey protein alone at higher doses of whey protein.

In addition, the maximum fractional rate of protein synthesis (FSR) levels seen in the Velositol groups were higher than the maximum FSR levels achieved with whey protein alone.

“In all three preclinical studies, Velositol was shown to enhance the outcomes we were testing,” said James Komorowski, MS, CNS, VP of scientific and regulatory affairs at Nutrition 21, who presented the data in Phoenix. *“These results are very encouraging and set the stage for our next round of human clinical trials.”*

Nutrition 21’s Velositol is protected by a number of issued and pending patents. The ingredient is self-affirmed GRAS for use in protein drinks (including ready-to-drink and powder), meal replacement bars, energy and protein bars.

Source: International Society of Sports Nutrition annual meeting
“The effect of the addition of an amylopectin/chromium complex to branched-chain amino acids on muscle protein synthesis in rats”

Authors: J. Komorowski et al

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