



# exercise institute

## Anthocyanin Improves Aerobic Performance

### Product

*Anthocyanin capsules, one month supply \$35*

Demonstrated to improve Vo2max uptake (Yarahmandi, 2014).

Has been shown to decrease blood lactate levels at submaximal intensities (40-70% of Vo2max power)

Improves power at threshold by 6% (Willems, 2015)

The supplement appears to improve performance by buffering lactic acid accumulation through to Vo2max. Therefore indicated in steady state time trial type events across running swimming and cycling.

### Recommendations:

One capsule a day can be taken a week or 4weeks prior an event for best loading effect.