



exercise institute

Caffeine Improves Aerobic Performance

Product

G-Shot for athletes \$1.50 (in a Gel format), containing 60mg Caffeine

Performance benefits can be substantial, with results recently indicating around 100-120second improvements in time trial of an hour in duration. (Quinlivan, et.al, 2015)

Caffeine in moderate doses (<456mg) does not induce dehydration or reduce performance.

Abstaining from Caffeine can have a slightly greater benefit on performance when it is used during racing. (Saava & Marcou, 2016)

Recommendations:

A dose of 3-6mg/kg is optimal, but best to try prior to race day as there can be gastrointestinal complaints. Taken an hour or 30mins prior the event start.

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