



# exercise institute

## Sodium Phosphate: Maximal Capacity Improvement

### Product

*Optigyn Capsules at **Exercise Institute** \$79 for one month (x3 loading phases for events)*

Early research shows a performance effect for Sodium Phosphate loading. More recently there has been some mixed findings, showing there to be an individual response to this supplement.

The bulk of gains occur over shorter hard aspects of fitness, mainly ones that are dependant on Vo2 max intensities, the greatest gains coming from all out efforts of 5-10mins. Similar to cycling-short hill climbing or really hard race finishes. 5-6% performance benefits relating to time to complete an event have been reported.

However more recent research has shown a Vo2max improvement in many cases, with performance gains likely over a 40km time trial. (Brewer, et.al, 2014)

Some research has shown an effect for performance benefits over repeated high-intensity cycling efforts (Brewer, Dawson, Wallman, & Guelfi, 2014)

### Recommendations:

Initial loading is completed for 5 days of 1g a day, with a washout period for 14days, before another 5-6 day loading phase. The double loading phase improves performance two fold compared to a single phase only. (Brewer, et.al, 2013)