

SPORT AND MUSCLE RECOVERY

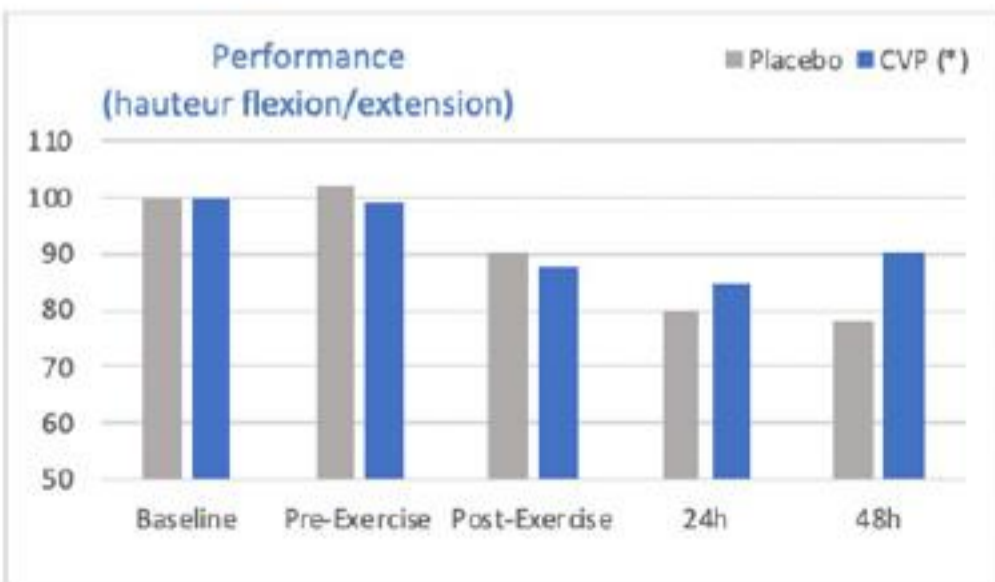
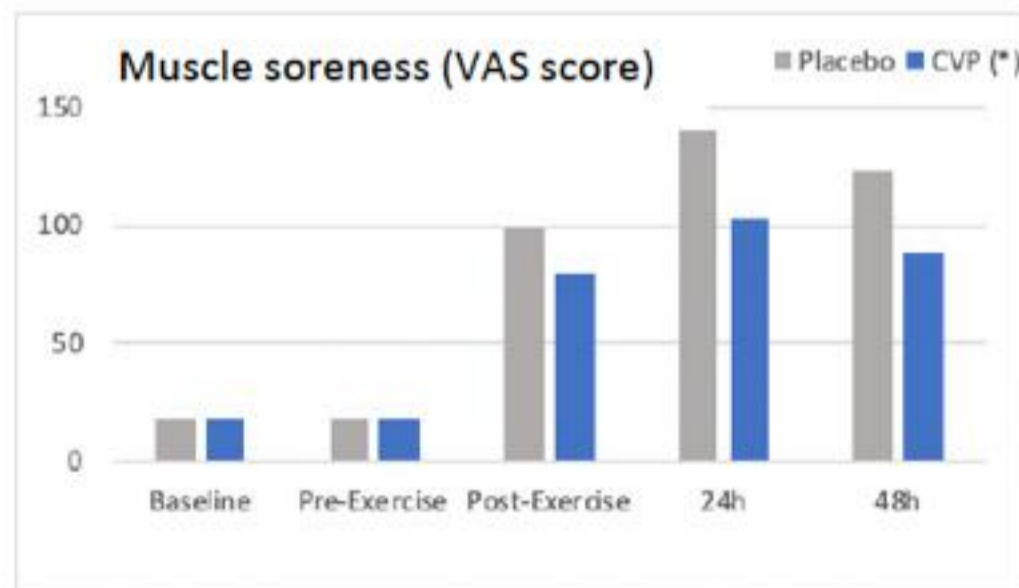
A recent study, performed by the Newcastle University, UK⁽¹⁾, is the very first to highlight the benefit of collagen peptides for sport recovery, showing the contribution to more rapid post-exercise recovery and performance improvement.

In this study, 2 approved indicators of exercise-induced muscle damage were investigated: muscle soreness and function. In a double-blind, randomized, placebo controlled trial, 24 active young men were given 2 times per day (morning and evening) 10g of collagen peptides selected by Collagen Vital Power (hereafter peptides CVP) or a placebo. After 9 days ingestion and a 7 days break, allowing the supplement to take effects, the selected sport addicts underwent a serial of intense physical exercises with 150 drop jumps aimed at inducing muscle damage. Readout measurements were taken at baseline (BL), just before the exercise (pre-exercise) and right after (post-exercise), as well as 24h and 48h after the session.

The results were very clear: the perceived **muscle soreness after the intense muscle-damaging exercise is lower with the group of CVP peptide supplementation.**

This study has also demonstrated the group of CVP supplemented athletes is **recovering faster and gets better performance again 24h after intense exercising**, suggesting that Collagen Vital Power accelerates the process of recovery from muscle damage induced by intense exercise, either by preventing damage to the sheath that enwraps the muscle fibers, or allowing it to repair more quickly.

Muscle soreness measured on a VAS scale for pain after the performance of a squat (90° knee flexion) before and after a session of intense exercise.



Performance was measured by the height of a countermovement jump (knee flexion of 90° and jumping up as high as possible) before and after a session of intense