

عنوان مقاله:

COMPARING COMPLEMENTARY EFFECTS OF BRANCHED-CHAIN AMINO ACIDS AND GLUTAMINE ON
MUSCLE DAMAGE INDICES AFTER EXTRINSIC RESISTANCE ACTIVITY

محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

تعداد صفحات اصل مقاله: 1

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خلاصه مقاله:

Background and Aim: The purpose of this study was to compare the effect of these two supplements and their synergistic effect on serum muscle injury indices in non-athletes after a period of severe resistance activity. **Methods:** All the volunteers randomly divided in 4 groups. They consumed 300 ml of beverages containing the 0.1 gr/kg supplements. The drinks in each group included the following: group 1: BCAA; group 2: Glutamine; group 3: BCAA + Glutamine and group 4 used dextrin as the placebo drug. Blood samples were collected 30 min before and 24, 48, and 72 h after the activity. **Statistical analysis:** The analysis of Variance (ANOVA) with repeated measures was used to analyze of data and when the difference was significant, the Bonferroni post-hoc test was used for multiple comparisons. **Results:** The results of this study showed that muscle pain, LDH, and CK levels during 24, 48, and 72 h after the activity in all the 4 groups was increased significantly. These parameters in the placebo group were lower than other groups; the group that simultaneously consumed the BCAA and glutamine was tremendously higher than the group consuming only BCAA or glutamine. **Conclusion:** Based on the results of this study, simultaneous consumption of BCAA and glutamine significantly reduced muscle damage indices, therefore, it is recommended that people who doing heavy physical activity and exposed to muscle damages could be used to prevent muscle pain and muscular soreness.

کلمات کلیدی:

branched-chain amino acids; glutamine; muscle damage

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