

COMMON SPORTS NUTRITION MYTHS DEBUNKED “WHAT THE PUBLIC PROMOTES *VERSUS* WHAT THE RESEARCH SAYS”

KATIE M. EMERSON

Nutrition21 LLC. | USA

REFERENCES

1. Schweltnus MP. Serum electrolyte concentrations and hydration status are not associated with exercise associated muscle cramping (EAMC) in distance runners. *British Journal of Sports Medicine*. 2004;38(4):488-92.
2. Sulzer NU, Schweltnus MP, Noakes TD. Serum electrolytes in Ironman triathletes with exercise-associated muscle cramping. *Med Sci Sports Exerc*. 2005;37(7):1081-5.
3. Schweltnus MP, Derman EW, Noakes TD. Aetiology of skeletal muscle 'cramps' during exercise: a novel hypothesis. *J Sports Sci*. 1997;15(3):277-85.
4. Areta JL, Burke LM, Ross ML, Camera DM, West DWD, Broad EM, et al. Timing and distribution of protein ingestion during prolonged recovery from resistance exercise alters myofibrillar protein synthesis. *The Journal of Physiology*. 2013;591(9):2319-31.
5. Churchward-Venne TA, Pinckaers PJM, Smeets JSJ, Betz MW, Senden JM, Goossens JPB, et al. Dose-response effects of dietary protein on muscle protein synthesis during recovery from endurance exercise in young men: a double-blind randomized trial. *Am J Clin Nutr*. 2020;112(2):303-17.
6. Kim IY, Deutz NEP, Wolfe RR. Update on maximal anabolic response to dietary protein. *Clinical nutrition*. 2018;37(2):411-8.
7. Moore DR, Robinson MJ, Fry JL, Tang JE, Glover EI, Wilkinson SB, et al. Ingested protein dose response of muscle and albumin protein synthesis after resistance exercise in young men. *The American Journal of Clinical Nutrition*. 2009;89(1):161-8.
8. Bray GA, Smith SR, De Jonge L, Xie H, Rood J, Martin CK, et al. Effect of Dietary Protein Content on Weight Gain, Energy Expenditure, and Body Composition During Overeating. *JAMA*. 2012;307(1):47.
9. Antonio J, Ellerbroek A, Silver T, Vargas L, Tamayo A, Buehn R, et al. A High Protein Diet Has No Harmful Effects: A One-Year Crossover Study in Resistance-Trained Males. *Journal of nutrition and metabolism*. 2016;2016:1-5.
10. Richter EA, Hargreaves M. Exercise, GLUT4, and skeletal muscle glucose uptake. *Physiological reviews*. 2013;93(3):993-1017.
11. Little JP, Chilibeck PD, Ciona D, Forbes S, Rees H, Vandenberg A, et al. Effect of low- and high-glycemic-index meals on metabolism and performance during high-intensity, intermittent exercise. *Int J Sport Nutr Exerc Metab*. 2010;20(6):447-56.

12. Rowe JT, King R, King AJ, Morrison DJ, Preston T, Wilson OJ, et al. Glucose and Fructose Hydrogel Enhances Running Performance, Exogenous Carbohydrate Oxidation, and Gastrointestinal Tolerance. *Med Sci Sports Exerc.* 2022;54(1):129-40.
13. Gonzalez J, Fuchs C, Betts J, Van Loon L. Glucose Plus Fructose Ingestion for Post-Exercise Recovery—Greater than the Sum of Its Parts? *Nutrients.* 2017;9(4):344.
14. Wu G. Amino acids: metabolism, functions, and nutrition. *Amino Acids.* 2009;37(1):1-17.
15. Hargreaves MH, Snow R. Amino acids and endurance exercise. *Int J Sport Nutr Exerc Metab.* 2001;11(1):133-45.
16. Watson P, Shirreffs SM, Maughan RJ. The effect of acute branched-chain amino acid supplementation on prolonged exercise capacity in a warm environment. *Eur J Appl Physiol.* 2004;93(3):306-14.
17. Chevront SN, Carter R, 3rd, Kolka MA, Lieberman HR, Kellogg MD, Sawka MN. Branched-chain amino acid supplementation and human performance when hypohydrated in the heat. *J Appl Physiol (1985).* 2004;97(4):1275-82.
18. Wolfe RR. Branched-chain amino acids and muscle protein synthesis in humans: myth or reality? *Journal of the International Society of Sports Nutrition.* 2017;14(1).