

STUDY SYNOPSIS:



THE EFFECTS OF MALTOR ON INDICES OF RECOVERY AFTER DOMS PROTOCOL

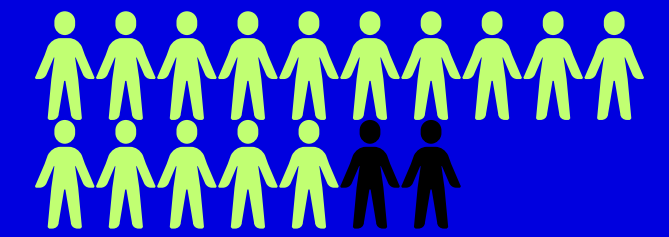
The purpose of this investigation was to determine the effects of a dietary supplement (Maltor™) on indices of muscle recovery after a delayed-onset muscle soreness (DOMS) protocol.

METHODS:

In a double-blind, placebo-controlled, crossover trial, subjects consumed the treatment and placebo daily over 14 days.

PARTICIPANTS:

Seventeen trained males volunteered, among which two dropped out, and 15 completed it.



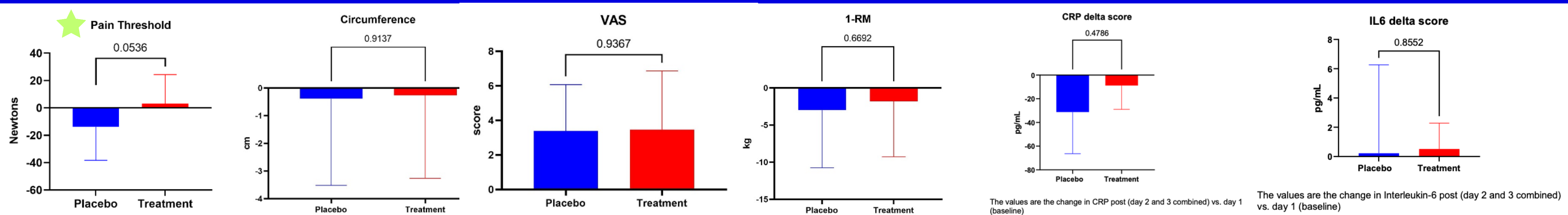
ASSESSMENTS:

1-RM (repetition maximum) strength of the elbow flexors
Visual analog scale (VAS), Pressure algometer, Arm circumference

RESULTS:

Statistical difference was found for pain threshold.
Subjects in the treatment group exhibited a higher pain threshold two days post-DOMS.

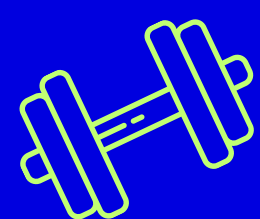
No significant differences between groups for any other assessments.



CONCLUSION:

Malic acid and taurine may effectively diminish DOMS in exercise-trained males as assessed by a pressure algometer.

It should be noted that these data are preliminary and are reflective of a very limited sample size.



AUTHORS:

Cassandra Evans¹, Jason Curtis², Flavia Pereira², Jose Rojas², Maria Berrocales¹, Kristiina Kinnunen¹, Antonio Crisanti¹, Kendall Andries¹, Leilani Batista¹, Juan Carlos Santana², Lia Jiannine¹, Jose Antonio^{1,3}

¹Department of Health and Human Performance, Nova Southeastern University, Davie FL

²Keiser University, West Palm Beach FL

³Institute of Human Performance, Boca Raton FL