

Abstract

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Effect of aspartate, asparagine, and carnitine supplementation in the diet on metabolism of skeletal muscle during a moderate exercise.

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OBJECTIVE: The present study examined the effect of diet supplementation of oxaloacetate precursors (aspartate and asparagine) and carnitine on muscle metabolism and exercise endurance.

RESULTS: The results suggest that the diet supplementation increased the capacity of the muscle to utilize FFA and spare glycogen. Time to exhaustion was about 40% longer in the experimental group compared to the control, which received commercial diet only.

CONCLUSION: These findings suggest that oxaloacetate may be important to determine the time to exhaustion during a prolonged and moderate exercise.

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