

SODIUM BICARBONATE

The chemical formula is: **NaHCO₃**
It is made of:

- **Na** = sodium
- **H** = hydrogen
- **C** = carbon
- **O₃** = three oxygen atoms



Group A ergogenic aid



Improved Performance

Very short efforts (10-30 sec) No clear benefit 0%

Short efforts (~2-5 min) Benefits appear ~1-2%

Medium efforts (5-60 min) Most consistent benefits ~2-3.5%

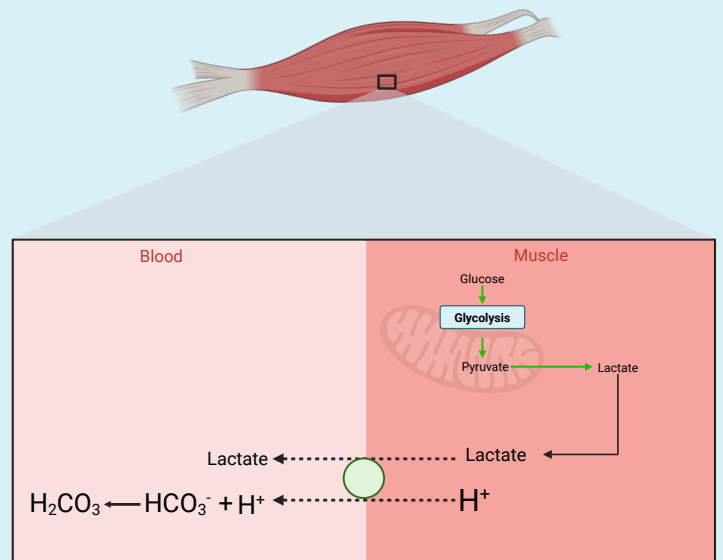
Long efforts (60+ min) Mixed results 0-14%



During very hard exercise, the body produces more hydrogen ions, which can make the muscles more acidic. This acidic environment can make it harder for muscles to work properly and may contribute to fatigue.

Sodium bicarbonate may help by increasing the body's ability to buffer acidity.

This may help remove hydrogen ions from the muscles more effectively, delay fatigue, and support performance during high-intensity exercise.



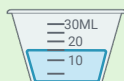
Supplementation Protocol

Gelatine Capsule



0.3 g/kg sodium bicarbonate around 2 to 2.5 hours before exercise/race

Mauretn Mix



0.3 g/kg sodium bicarbonate around 2 hours before exercise/race



No More Than 2X a Week (Due to Na⁺)

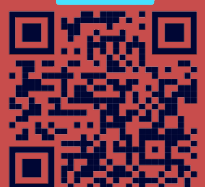


Side Effects

- cramps
- pain
- bloating
- burping
- diarrhoea
- vomiting

Solution

- Use Maurten Bicarb (or)
- Add high-carbohydrate meal of 1.5 g/kg body mass



Scan me!