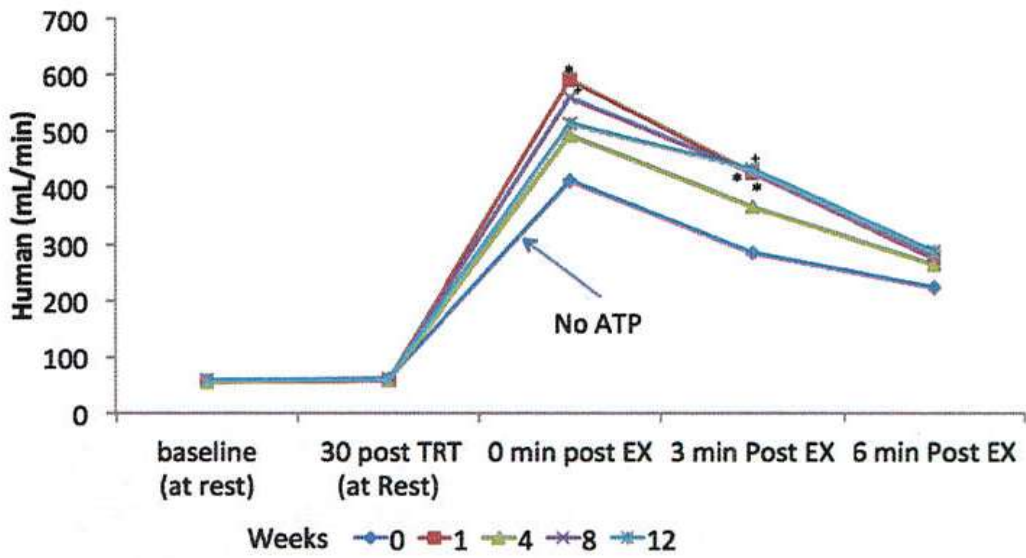
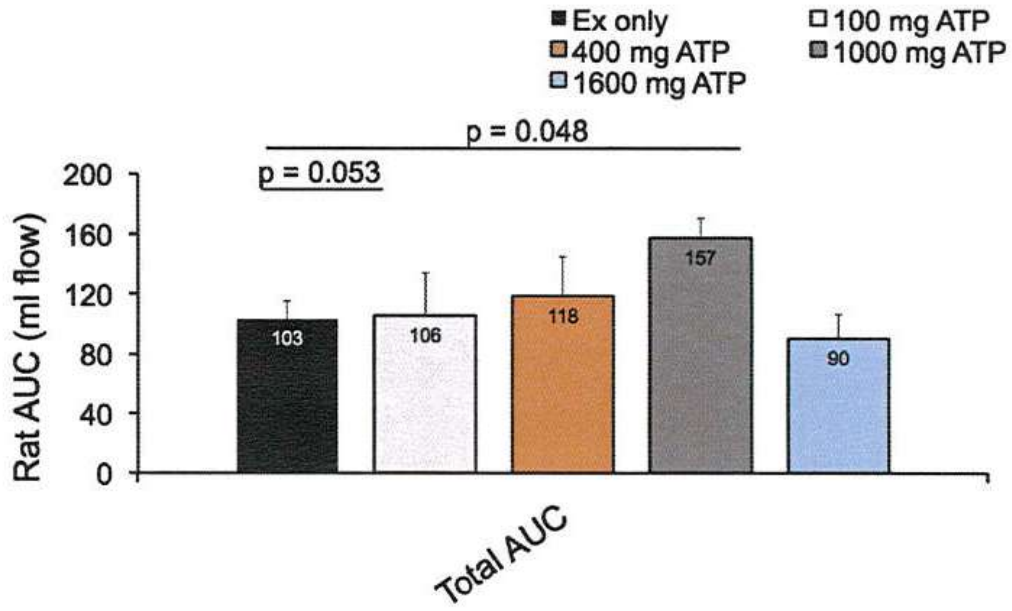


Key Findings

PEAK ATP® improved participants' ability to maintain a higher force output during an exhaustive exercise bout and tended to reduce muscular fatigue.*

A double-blind, placebo-controlled, human crossover study assessed the performance-enhancing effects of 200 mg of PEAK ATP® twice daily on healthy, active adults. Sixteen male and female participants were randomized to receive either PEAK ATP® or placebo for 15 days. After an overnight fast, they were tested for strength and fatigue — consisting of three sets of 50 maximal knee extensions — at baseline and after 15 days of supplementation. After a one-week washout period, the groups were switched, so that those who had been taking placebo now took PEAK ATP® and vice versa.

The Rathmacher study showed that participants' ability to maintain a higher force output with PEAK ATP® supplementation.



Rathmacher JA, et al. Adenosine-5'-triphosphate (ATP) supplementation improves low peak muscle torque and torque fatigue during repeated high intensity exercise sets. Journal of the International Society of Sports Nutrition. 2012, 9:48.

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US 7,629,329 Muscle Mass & Strength

US 5,547,942 Blood Flow & Vascular Function