

University of Tampa 2013 (Wilson)

Key Findings

Participants taking PEAK ATP® experienced incredible benefits including:

Increased strength (147% increase over placebo)

- PEAK ATP®: 55.3 kg versus placebo: 22.4 kg

Increased power (30% increase over placebo)

- PEAK ATP®: 796 watts versus placebo: 614 watts

Increased lean body mass (100% increase over placebo)

- PEAK ATP®: 4.0 kg versus placebo: 2.1 kg

Increased muscle thickness (96% increase over placebo)

- PEAK ATP®: 4.9 mm versus placebo: 2.5 mm

Reduced protein breakdown

A double-blind, placebo-controlled study investigated the effect of PEAK ATP® on strength, power, lean body mass and marker of muscular damage. Twenty-one resistance-trained males took either 400 mg of PEAK ATP® per day or placebo for 12 weeks. The first phase of the study (8 weeks) consisted of a resistance-training program. In the second phase (2 weeks), training volume and frequency were increased to the point of over-reaching. For the final phase (2 weeks), training volume and frequency were decreased. Muscle mass, strength and power were measured at baseline and at weeks 4, 8, and 12.

Wilson JM, et al. Effects of oral adenosine-5'-triphosphate supplementation on athletic performance, skeletal muscle hypertrophy and recovery in resistance-trained men. Nutrition and Metabolism. 2013, 10:57.