

Key Findings

PEAK ATP® was shown to increase participants post-exercise ATP levels, muscle excitability, and athletic performance following a repeated sprint bout.

A double-blind, placebo-controlled, randomized design study of 42 healthy trained males were given either 400 mg of ATP as disodium salt or placebo for 2 weeks prior to the sprint protocol testing. The sprinting bout was performed before and after supplementation to allow for comparison prior to and after treatment. During the sprint bout, muscle activation and excitability and Wingate test peak power were measured.

The study showed that oral ATP supplementation prevented exercise-induced declines in ATP and its metabolite. ATP supplementation also enhanced peak power and muscular excitability, which would be beneficial for sports requiring repeated high-intensity sprinting bouts.

Purpura M, et al. Oral Adenosine-50-triphosphate (ATP) Administration Increases Postexercise ATP Levels, Muscle Excitability, and Athletic Performance Following a Repeated Sprint Bout. Journal of the American College of Nutrition. 2017