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SPORTS PERFORMANCE

BEET IT SPORT

Strength and Power

- Force Production of Quadriceps
  - Coggan (2015) - Effect of acute dietary nitrate intake on maximal knee-extensor speed and power in healthy men and women
  - Fulford (2013) - Influence of dietary nitrate supplementation on human skeletal muscle force production during maximum voluntary contractions
  - Haider (2014) - Nitarte supplementation enhances the contractile properties of human skeletal muscle

Running

- Altitude
  - Shannon (2016) - Dietary nitrate supplementation enhances high-intensity running performance in moderate normobaric hypoxia, independent of aerobic fitness
- Team Sports
  - High-intensity Intermittent Running
    - Thompson (2015) - Dietary nitrate improves sprint performance and cognitive function during prolonged intermittent exercise
    - Thompson (2016) - Dietary nitrate supplementation improves sprint and high-intensity intermittent running performance
    - Wylie (2013) - Dietary nitrate supplementation improves team sport-specific intense intermittent exercise performance
    - Nyakayiru (2016) - Beetroot juice supplementation improves exercise performance in soccer players

Cycling

- Time-trial performance
  - Lansley (2011) - Acute dietary nitrate supplementation improves cycling time-trial performance
  - Cermak (2012) - Nitrate supplementation's improvement of 10-km time-trial performance in trained cyclists
- High-intensity Intermittent Cycling
  - Wylie (2016) - Influence of beetroot juice supplementation on intermittent exercise performance
  - Rimer (2016) - Increase in maximal cycling power with acute dietary nitrate supplementation
- Altitude
  - Muggeridge (2014) - A single dose of beetroot juice enhances cycling performance in simulated altitude
  - Carriker (2016) - Effect of acute dietary nitrate consumption on oxygen consumption during submaximal exercise in hypobaric hypoxia
- Physiological and Cognitive Responses
  - Bailey (2015) - Inorganic nitrate supplementation improves muscle oxygenation, O2 uptake kinetics, and exercise tolerance at high nut not low pedal rates
  - Lee (2015) - Effects of chronic dietary nitrate supplementation on the hemodynamic response to dynamic exercise
  - Thompson (2013) - Influence of dietary nitrate supplementation on physiological and cognitive responses to incremental cycling exercise

Walking

- Marching
  - Kuennen (2015) - Dietary nitrate reduces the O2 cost of desert marching but elevates the rise in core temperature

Water Sports

- Rowing
  - Hoon (2014) - The effect of variable doses of inorganic nitrate-rich beetroot juice on simulated 2000-m rowing performance in trained athletes
- Kayaking
  - Muggeridge (2012) - The effects of a single dose of concentrated beetroot juice on performance in trained flatwater kayakers
  - Peeling (2015) - Beetroot juice improves on-water 500m time-trial performance, and laboratory-based paddling economy in national and international-level kayak athletes
- Swimming
  - Pinna (2014) - Effect of beetroot juice supplementation on aerobic response during swimming

Freediving

- Static Apnea Lab
  - Engan (2012) - Acute dietary nitrate supplementation improves dry static apnea performance
  - Collofello (2014) - Acute dietary nitrate supplementation decreases blood pressure and increases dry apnea performance in females
- Dynamic Apnea
  - Patricin (2016) - Dietary nitrate enhances arterial oxygen saturation after dynamic apnea