Cycling

- 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

Physiological and Cognitive Responses

- Thompson (2013) - Influence of dietary nitrate supplementation on physiological and cognitive responses to incremental cycling exercise
- Bailey (2015) - Inorganic nitrate supplementation improves muscle oxygenation, O2 uptake kinetics, and exercise tolerance at high not low pedal rates
- Lee (2015) - Effects of chronic dietary nitrate supplementation on the hemodynamic response to dynamic exercise

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
- Bailey (2015) - Inorganic nitrate supplementation improves muscle oxygenation, CO2 uptake kinetics, and exercise tolerance at high not low pedal rates
- Thompson (2013) - Influence of dietary nitrate supplementation on physiological and cognitive responses to incremental cycling exercise

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

Running

- Thompson (2015) - Dietary nitrate improves sprint performance and cognitive function during prolonged intermittent running exercise
- Thompson (2016) - Dietary nitrate supplementation improves sprint and high-intensity intermittent running performance
- Thompson (2015) - Dietary nitrate supplementation improves sprint performance and cognitive function during prolonged intermittent running exercise

Team Sports

- Nyakayiru (2016) - Beetroot juice supplementation improves exercise performance in soccer players

High-intensity Intermittent Running

- Wylie (2013) - Dietary nitrate supplementation improves team sport-specific intense intermittent exercise performance
- 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

Altitude

- Shannon (2016) - Dietary nitrate supplementation enhances high-intensity running performance in moderate normobaric hypoxia, independent of aerobic fitness

Strength and Power

- Fulford (2012) - Influence of dietary nitrate supplementation on human skeletal muscle force production during maximum voluntary contractions
- Haider (2014) - Nitrate supplementation enhances the contractile properties of human skeletal muscle

Force Production of Quadriceps

- Coggon (2012) - Effect of acute dietary nitrate intake on maximal knee-extension speed and power in healthy men and women

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 kayakers

Walking

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

High-intensity Intermittent Running

- Hoon (2014) - The effect of variable doses of inorganic-nitrate-rich beetroot juice on simulated 2000 m rowing performance in trained athletes

Rowing

- Hoon (2014) - The effect of variable doses of inorganic-nitrate-rich beetroot juice on simulated 2000 m rowing performance in trained athletes

Swimming

- Pinna (2014) - Effect of beetroot juice supplementation on aerobic response during swimming

Freediving

- 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

Static Apnea Lab

- PATRICIN (2016) - Dietary nitrate enhances arterial oxygen saturation after dynamic apnea

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