

## ASCEND ELITE RECOVERY

ASCEND Elite Recovery contains the unique and proprietary, ultra-active whey peptide, NatraBoost XR (patent pending). The following research summary covers discovery of NatraBoost XR and the effect of dietary supplementation of NatraBoost XR compared with other protein types, on muscle-strength recovery rates .

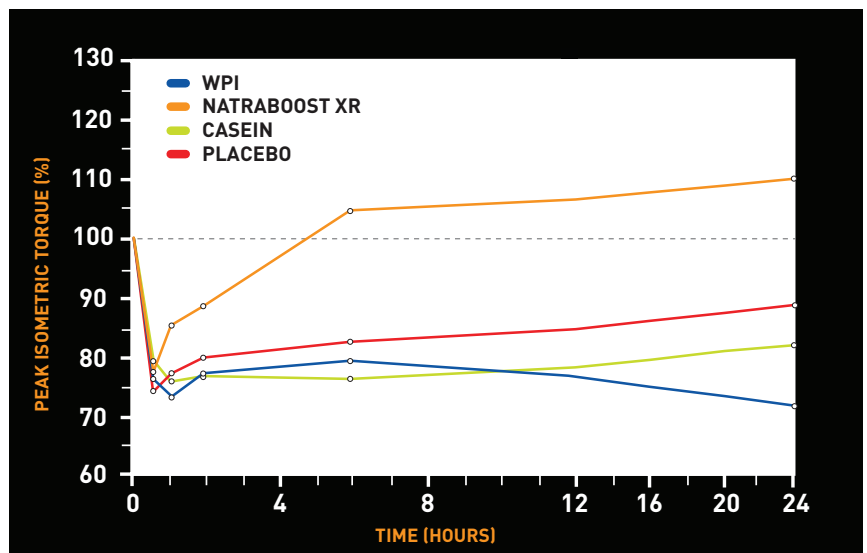
Discovery of NatraBoost XR resulted from the preparation of hundreds of novel whey and milk protein hydrolysates that were analysed in living mammalian cells for biological activity relating to muscle growth, development and recovery. (These same cellular tests are used in our BioAssured™ procedures).

Less than five of the samples analysed in the cellular tests demonstrated any significant activity. NatraBoost XR was the standout and was selected for robust human clinical trials.

In a double-blind randomised design, four groups of volunteers, comprising approximately ten, healthy males per group, had strength (Peak Isometric Torque) of the quadriceps muscle of one leg measured. Fatigue was then induced in the same quadriceps through the performance of 100 maximal eccentric contractions and the strength reassessed. The four groups then consumed either water (placebo), 25g of WPI, 25g of casein protein or 25g of NatraBoost XR (they whey peptide ingredient in ASCEND Elite Recovery) and quadriceps strength was again assessed after 1, 2, 6 and 24 hours.

Following supplementation, the strength of the groups fed either the placebo, WPI or casein protein, all remained significantly suppressed for the entire 24-hour recovery period. In the case of the NatraBoost XR group, there was a noticeable improvement in strength after 1 hour, continuing throughout the recovery period to become fully restored after 24 hours.

**FIGURE 1. STRENGTH (PEAK ISOMETRIC TORQUE) ASSESSED AT BASELINE (0 HOURS), IMMEDIATELY AFTER 100 MAXIMAL ECCENTRIC CONTRACTIONS, AND**



These results have been presented at the International Society of Sports Nutrition Conference, Las Vegas, USA, 2006.

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