



## **Extreme Endurance Clinical Test Protocol**

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Twenty-two (22) elite athletes were used in this double-blind, placebo controlled study. After base line testing, each athlete was given dosage protocol and either Product A or Product B.

The first two days dosage was four tablets, two times per day (load dosage) and then normal daily dosage based on their body weight. (Dosage weight chart was part of their protocol information). Both Product A and B had 11 athletes and were instructed to use the product daily for 10 days during their normal training. At the end of ten days, the same battery of tests were given to all 22 athletes. All 22 athletes were then taken off both Product A and Product B for a 10-day washout period. On the 21<sup>st</sup> day, all 22 athletes took another base line test and Group A switched to Product B and Group B switched to Product A. The same dosage protocol was used for the next 10 days, then final testing for all 22 athletes. Results from three athletes were not used in the final statistics as they missed a testing period due to illness or injury.

## **Extreme Endurance Clinical Test Summary**

Twenty-two (22) elite athletes were tested for 10 days to measure improved athletic performance. Eight of the athletes were professional. Six were pro triathletes, one a pro mountain bike racer and one a pro marathon runner. The remaining 14 athletes were elite club athletes in track, soccer, cycling and cross country skiing.

In a relatively short, 10-day test, Extreme Endurance was used on 22 elite athletes. The results showed the average lactic acid reduction was 15% and an increase of aerobic threshold by an average 41%. All athletes reported less muscle burn and faster recovery with less muscle soreness. Three athletes reported better sleeping and two athletes noticed improvement in their digestion. All of the athletes wanted to continue using the active Product A (Extreme Endurance). Both researchers and the athletes believe a longer test would show improved muscle power and VO2 Max.