

Faculti Summary

<https://faculti.net/cranberry-supplementation-improves-physiological-markers-of-performance-in-trained-runners-summary/>

This video discusses the potential benefits of cranberry supplementation for athletic performance, highlighting a study that indicates cranberries, rich in antioxidants and polyphenols, may enhance running capacity, as evidenced by a 30% increase in mice. Researchers are exploring whether similar effects could be observed in humans, particularly for athletes, by reducing tissue and cell damage during intense exercise.

The study involved 14 elite runners who participated in trials assessing their performance with and without cranberry supplementation. Results showed a 1.5% improvement in aerobic performance during a 1500-meter time trial, indicating enhanced muscle oxygen replenishment and potential training and recovery benefits. While no significant improvements were found in a 400-meter trial, a buffering effect on lactate production was noted, suggesting a greater impact on the aerobic energy system.

Overall, the text concludes that cranberries might serve as a legal supplement for athletes looking to gain a competitive edge or improve recreational performance.