

SODIUM BICARBONATE



■ ■ ■ Description

Sodium bicarbonate is a substance that can buffer acids formed in the body. When athletes exercise, they make acids as part of the breakdown of sugars and fats in muscle. These acids can reduce muscle efficiency and result in poorer performance. Athletes can use sodium bicarbonate to protect muscles from the acids they produce and improve performance times in some running events.

■ ■ ■ Why Athletes Use It

Athletes use sodium bicarbonate to improve performance in some running events. It is not effective for short sprints or exercise lasting longer than about 7 minutes.

■ ■ ■ Adverse Effects

- Bloating
- Diarrhea
- Stomach cramps
- Abdominal pain

■ ■ ■ Pharmacology

Sodium bicarbonate is usually taken as a single dose of about 300 mg/kg of body weight about 1 to 3 hours before competition. Large quantities of water must be consumed with bicarbonate to reduce side effects.

■ ■ ■ Preventive Measures

Sodium bicarbonate benefits very few athletes, because so few are involved in events that sodium bicarbonate can affect. In addition, the side effects can be severe and can reduce athletic performance.

Notes:

(Up to 4400 characters only)

Notes and suggestions