THE EFFECTS OF OXYELITE PRO ON THE RESPONSE TO MAXIMAL EXERCISE

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Abstract

The purpose of this study was to investigate the effects of OxyElite Pro on an individual's heart rate (HR), rate of perceived exertion (RPE), respiratory exchange ratio (RER), test maximal oxygen consumption (VO2max), and time to exhaustion (T) during an incremental exercise test from rest to maximal levels.

Methods

Subjects
5 female UTA students within the ages of 21-24 participated in this study. Participants ranged from being recreationally active to highly physically active working out anywhere from 1-6 times per week. Additionally all subjects completed a pre-screening questionnaire self reporting a daily caffeine intake of 100-500 mg of caffeine which allowed them to qualify as participants.

All participants had their height and weight recorded and body composition assessed by 3 site skinfolds. Descriptive statistics for age, height, weight and % body fat are listed in the table that follows:

<table>
<thead>
<tr>
<th>Participants:</th>
<th>5 Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (yrs)</td>
<td>21.6 ± 1.34</td>
</tr>
<tr>
<td>Height (in)</td>
<td>65.7 ± 4.30</td>
</tr>
<tr>
<td>Weight (lbs)</td>
<td>157.2 ± 10.8</td>
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<tr>
<td>% Body Fat</td>
<td>22.84 ± 5.04</td>
</tr>
</tbody>
</table>

Statistical Analysis
Paired t-test were used to investigate differences in each of the following variables among treatment groups: resting heart rate, max heart rate, RPE at max, VO2 max, RER at max, and time to exhaustion (T). Significance value was set at p ≤ .05.

Results

Supplementation
All participants were subject to two treatment conditions in this single blind counterbalanced study. Treatment A) was 1 OxyElitePro pill and B) was 1 empty OxyElite Pro capsule that served as placebo. 2 females began in treatment group A and three females began in treatment group B. On test day every participant was provided with their respective supplement.

Max Exercise Test
A max exercise test (Bruce Protocol) was administered 30 minutes following treatment supplementation. A heart rate monitor was attached to the subjects chest to allow measurement of their heart rate and all subjects were fitted with headgear, a mouthpiece and nose clip to ensure that exhaled air could be collected in a metabolic cart (PARVO or SensorMedics). This allowed for the calculation of the subjects relative maximal oxygen consumption (VO2 max) and respiratory exchange ratio (RER) during exercise. (RPE) with ratings from 6 (rest) to 20 (maximal exercise) were recorded every third minute of exercise along with heart rate.

Following a minimum of 48 hours rest time, subjects again reported to the Cardio Pulmonary lab at UTA and testing procedures where repeated under the same protocol. It is important to note that prior to both tests all participants had been asked to fast for 3 hours prior to the test, avoid caffeine on test day and get a good nights sleep the night before.

Conclusions
In this study ingestion of OxyElite Pro had no significant impact on an individual's response to maximal exercise (p>.05) Future studies are recommended to add support to this conclusion.