Established Performance Supplements (4 of 5)
(when used according to established protocols)

**SODIUM BICARBONATE**

Reference: by Peeling et al. IJSNEM & BJSM 2018

**How does it work?**
Acts as an extracellular (blood) buffer, aiding intracellular pH regulation by raising the extracellular pH, and HCO₃⁻ concentrations.

**Performance**
Enhanced performance (~2%) of short-term, high-intensity sprints lasting ~60 s in duration, with a reduced efficacy as the effort duration exceeds 10 min.

**PROTOCOL**
1. Single acute NaHCO₃ dose of 0.2–0.4 g/kg body mass, consumed 60–150 min prior to exercise
2. Or split doses taken over a 30–180 min time period
3. Or serial-loading with 3–4 smaller doses per day for 2–4 consecutive days prior to an event

**Gastro-intestinal distress**
To minimize gastro-intestinal upset:

A. Co-ingest with a small, carbohydrate-rich meal
B. Use sodium citrate as an alternative
C. Split-dose or stacking strategies

Thorough investigation into the best individualized strategy is recommended prior to use in a competition setting.