No effect of acute balenine supplementation on maximal and submaximal exercise performance in recreational cyclists

BACKGROUND
Balenine is a natural histidine-containing dipeptide

AIMS & METHODS
Does acute ingestion of balenine, in analogy to acute carnosine and anserine supplementation, improve physical performance in humans?

\[ n = 14\sigma (\circ) \& 6\varphi (\Delta) \]

10 mg/kg bw
BALENINE
PLACEBO

10' warm-up 3x 3s MVC 3x 6s all-out cycling 4 km TT 20 km TT

0' 45' 60' 65' 75'

CONCLUSION
Balenine, in spite of its high bioavailability, was unable to enhance physical performance on four maximal and high-intensity exercise tests.