



Beet Root Juice Protocol

About Beet Juice For Endurance

- There are responders and non-responders. If you are a responder, the benefits are tremendous. If you are not a responder, a little nutrient dense beet juice won't hurt!
- The more advanced athletes are less likely to be responders.
- There is nothing special about beet juice other than its significant nitrate/nitrite content. THIS is the active compound for performance. Many veggies have nitrates and nitrites, just not in the same quantity as beet juice.
- Improves efficiency for responders - a reduction in oxygen use to put out the same power or pace.

6-day Pre Race Loading

- Each day pre race - 8 oz of beet root juice - Equals about 3 fresh beets (juiced)
- Products - 8 ounces of Beet Performer Juice or powdered supplement
- If using Beet Performer, athlete would need 6 cans (8oz bottles each) for 6 day load.
- Discount code available for clients ([contact: services@thecorediet.com](mailto:services@thecorediet.com))

Race Day

- Take dosage (8 oz) as close to race as possible – about 30 minutes prior to race start is good timing. It may be best to use powdered supplement if you are gut sensitive to beet juice.
- Take again in T2 (Ironman) because half-life of beet juice is about 6 hours and inefficiency due to mechanics degradation is likely greatest during marathon.
- Take dosage 2-3 hours before bike race.

Non-Race Weeks

No specific beet root recommendations on non-race weeks. Normal juicing that includes beets here and there. Athletes will also be juicing other vegetables that are high in nitrates.

Back to Back Racing

Consider beet root juice every day if less than 2 weeks between long distance racing such as Ironman.

Potential Barrier

- There is one potential barrier to the effectiveness of beet root juice though: mouthwash.
- Rinsing with a mouthwash containing a powerful antibacterial agent like chlorhexidine wipes out the bacteria that converts nitrate to nitrite for 24 to 48 hours.
- It's still unclear whether using mouthwash on a regular basis might interfere with the nitrate benefits of eating vegetables.