

Call For Participants



Effects of Palmitoylethanolamide (PEA) on Muscle Repair and Regeneration

15 day(s) to complete

Online Shopping voucher

Experiment

Liverpool John Moores
University, Liverpool L1 2UA, UK

Liverpool John Moores University

We are recruiting recreationally active individuals aged 18-35 to participate in our study. The study involves a 3wk downhill running training programme and a 10-day supplement period where participants will complete a 50-minute downhill run and be randomly allocated to either PEA/Ibuprofen/Placebo. We will be collecting various measurements throughout, including muscle biopsies (6), blood samples (6), and urine (6) and conducting a VO2 max test and various strength tests to assess recovery.

Find out more online

Poster printed on 18/12/2024 Study expires on 31/12/2024

More info

by scanning the QR code
or visiting the URL

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