List of studies

Paper 1

Signe Refsgaard Bech¹, Ian Henry Lambert², Nikolai Nordsborg¹, Erik A. Richter¹, Bente Kiens¹

Muscle buffer capacity is improved by β-alanine supplementation and exercise capacity is improved by co-ingestion of β-alanine and sodium bicarbonate

Manuscript in preparation

Paper 2

Signe Refsgaard Bech¹, Tobias Schmidt Nielsen¹, Martin Hald¹, Jarl Pors Jakobsen¹, Bente Kiens¹, Nikolai Baastrup Nordsborg¹

Performance and muscle function is unaffected by β-alanine supplementation in trained kayakers.

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