Sports Nutrition Research

Reports on sports nutrition research

Synergistic Effect of Increased Total Protein Intake and Strength Training on Muscle Strength: A Dose-Response Meta-analysis of Randomized Controlled Trials (2022)	Author	Tagawa R[1)], Watanabe D[2),3)], Ito K[1)], Otsuyama T[1)], Nakayama K[1)], Sanbongi C[1)], and Miyachi M[2),3)] 1) Nutrition and Food Function Research Department, Food Microbiology and Function Research Laboratories, R&D Division, Meiji Co., Ltd., 1-29-1 Nanakuni, Hachioji, Tokyo, 192-0919, Japan. 2) Faculty of Sport Sciences, Waseda University, 2-579-15 Mikajima, Tokorozawa-city, Saitama, 359-1192, Japan. 3) Department of Physical Activity Research, National Institute of Health and Nutrition, National Institutes of Biomedical Innovation, Health and Nutrition, 1-23-1 Toyama, Shinjuku-ku, Tokyo, 162-8636, Japan.
	Journal	Sports Medicine – Open (2022) https://doi.org/10.1186/s40798-022-00508-w
Effects of amino acid mixture of arginine, valine, and serine on anaerobic performance, muscle strength, and biochemical parameters after aerobic exercise in recreationally active men: a randomized, double-blind, placebo-controlled crossover study (2022)	Author	Tsuda Y[1)], Tagawa R[1)], Ueda K[2)], and Sanbongi C[1)] 1) R&D Division, Meiji Co., Ltd 2) Food Product Development Division, Meiji Co., Ltd
	Journal	J Phys Fitness Sports Med 11(2): 67-77 (2022)
Acute supplementation with an amino acid mixture suppressed the exercise-induced cortisol response in recreationally active healthy volunteers: a randomized, double-blinded, placebo-controlled crossover study. (2020)	Author	Yuichi Tsuda[1)], Rika Murakami[1)] Makoto Yamaguchi[1)] and Taiichiro Seki[2)] 1)R&D Division, Meiji Co., Ltd. 2)College of Bioresource Sciences, Nihon University,
	Journal	Journal of the International Society of Sports Nutrition doi: 10.1186/s12970-020-00369-2 (2020)
Combined Effect of Arginine, Valine, and Serine on Exercise-Induced Fatigue in Healthy Volunteers: A Randomized, Double-Blinded, Placebo-Controlled Crossover Study. (2019)	Author	Yuichi Tsuda, Makoto Yamaguchi, Teruyuki Noma, Eiji Okaya and Hiroyuki Itoh
	Journal	Nutrients Nutrients 2019,11,862; doi:10.3390/nu11040862 (2019)
Acute supplementation of valine reduces fatigue during swimming exercise in rats. (2018)	Author	Tsuda Y, Iwasawa K, Yamaguchi M
	Journal	Bioscience, Biotechnology, and Biochemistry doi: 10.1080/09168451.2018.1438168 (2018)
Randomized trial of amino acid mixture combined with physical activity promotion for abdominal fat reduction in overweight adults. (2018)	Author	Ueda K, Sasai H, Tsujimoto T, Sanbongi C, Ikegami S, Kobayashi H, Shioya N, Suzuki S, Nakata Y
	Journal	Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy VOL2018:11 (2018)

An arginine, alanine, and phenylalanine mixture increases synthesis of ketone bodies during low-intensity exercise via stimulating glucagon secretion in men with obesity. (2017)	Author	Keisuke Ueda, Chiaki Sanbongi, Shuji Ikegami
	Journal	The Journal of Physical Fitness and Sports Medicine 6(5):325-333 (2017)
The effects of phenylalanine on exercise-induced fat oxidation: A preliminary, double-blind, placebo-controlled, crossover trial. (2017)	Author	Keisuke Ueda, Chiaki Sanbongi, Makoto Yamaguchi, Shuji Ikegami, Takafumi Hamaoka, Satoshi Fujita
	Journal	Journal of the International Society of Sports Nutrition 14:34 (2017)
Dose-ranging pilot randomized trial of amino acid mixture combined with physical activity promotion for reducing abdominal fat in overweight adults. (2017)	Author	Sasai H, Ueda K, Tsujimoto T, Kobayashi H, Sanbongi C, Ikegami S, Nakata Y
	Journal	Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy 10:297-309 (2017)
Combination of aerobic exercise and an arginine, alanine, and phenylalanine mixture increases fat mobilization and ketone body synthesis. (2017)	Author	Ueda K, Sanbongi C, Takai S, Ikegami S, Fujita S.
	Journal	Bioscience, Biotechnology, and Biochemistry 81(7):1417-1424 (2017)
Amino Acid Mixture Enriched With Arginine, Alanine, and Phenylalanine Stimulates Fat Metabolism During Exercise. (2016)	Author	Ueda K, Nakamura Y, Yamaguchi M, Mori T, Uchida M, Fujita S.
	Journal	International Journal of Sport Nutrition and Exercise Metabo 26(1):46-54 (2016)
Dietary whey protein modulates liver glycogen level and glycoregulatory enzyme activities in exercise-trained rats (2005)	Author	Morifuji M, Sakai K, Sugiura K
	Journal	Experimental Biology and Medicine 230(1): 23-30 (2005)
Dietary whey protein increases liver and skeletal muscle glycogen levels in exercise-trained rats (2005)	Author	Morifuji M, Sakai K, Sanbongi C, Sugiura K
	Journal	British Journal of Nutrition 93(4): 439-45 (2005)
Dietary whey protein downregulates fatty acid synthesis in the liver, but upregulates it in skeletal muscle of exercise-trained rats (2005)	Author	Morifuji M, Sakai K, Sanbongi C, Sugiura K
	Journal	Nutrition 21(10): 1052-8 (2005)
Dietary soya protein intake and exercise training have an additive effect on skeletal muscle fatty acid oxidation enzyme activities and mRNA levels in rats (2006)	Author	Morifuji M, Sanbongi C, Sugiura K
	Journal	British Journal of Nutrition 96(3): 469-75 (2006)
Branched-chain amino acid-containing dipeptides, identified	Author	Morifuji M, Koga J, Kawanaka K, Higuchi M

from whey protein hydrolysates, stimulate glucose uptake rate in L6 myotubes and isolated skeletal muscles (2009)	Journal	Journal of Nutritional Science and Vitaminology 55(1): 81-6 (2009)
Post-exercise carbohydrate plus whey protein hydrolysates supplementation increases skeletal muscle glycogen level in rats (2010)	Author	Morifuji M1, Kanda A, Koga J, Kawanaka K, Higuchi M
	Journal	Amino Acids 38(4): 1109-15 (2010)
Comparison of different sources and degrees of hydrolysis of dietary protein: effect on plasma amino acids, dipeptides, and insulin responses in human subjects (2010)	Author	Morifuji M, Ishizaka M, Baba S, Fukuda K, Matsumoto H, Koga J, Kanegae M, Higuchi M
	Journal	Journal of Agricultural and Food Chemistry 58(15): 8788-97 (2010)
Preexercise ingestion of carbohydrate plus whey protein hydrolysates attenuates skeletal muscle glycogen depletion during exercise in rats (2011)	Author	Morifuji M, Kanda A, Koga J, Kawanaka K, Higuchi M
	Journal	Nutrition 27(7-8) :833-7 (2011)
Post-exercise ingestion of different amounts of protein affects plasma insulin concentration in humans (2012)	Author	Morifuji M, Aoyama T, Nakata A, Sambongi C, Koga J, Kurihara K, Kanegae M, Suzuki K, Higuchi M
	Journal	European Journal of Sport Science 12(2): 152-160 (2012)
Dietary whey protein hydrolysates increase skeletal muscle glycogen levels via activation of glycogen synthase in mice (2012)	Author	Kanda A, Morifuji M, Fukasawa T, Koga J, Kanegae M, Kawanaka K, Higuchi M
	Journal	Journal of Agricultural and Food Chemistry 60(45): 11403-8 (2012)
Post-exercise whey protein hydrolysate supplementation induces a greater increase in muscle protein synthesis than its constituent amino acid content (2013)	Author	Kanda A, Nakayama K, Fukasawa T, Koga J, Kanegae M, Kawanaka K, Higuchi M
	Journal	British Journal of Nutrition 110(6): 981-7 (2013)
Post-exercise impact of ingested whey protein hydrolysate on gene expression profiles in rat skeletal muscle: activation of extracellular signal-regulated kinase 1/2 and hypoxia-inducible factor-1α (2014)	Author	Kanda A, Ishijima T, Shinozaki F, Nakayama K, Fukasawa T, Nakai Y, Abe K, Kawahata K, Ikegami S
	Journal	British Jouranl of Nutrition 6: 1-12 (2014)