

Call For Participants



Protein ingestion on the
recovery of muscle function
following exercise

2 week(s) to complete

Inconvenience allowance of £200

Experiment

Exeter EX1 2LU, UK

University of Exeter

This present study will assess the effect of the type and timing of protein ingestion 7 days following eccentric exercise on the time course of 1) the recovery of muscle function; 2) the recovery of perceived muscle soreness; 3) muscle metabolism.

Find out more online

Poster printed on 07/05/2024

Study expires on 07/12/2018

More info

by scanning the QR code
or visiting the URL

www.cfp.cc /K29043

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