

Beetroot Powder/ Tablets

Beet Root Powder / Tablets (*Beta Vulgaris*) contains high levels of important vitamins, minerals and micronutrients: Vitamins A, C, B1, B2, B3, B6, rich in iron, potassium, magnesium, phosphorous, sodium, iodine, calcium, copper, boron, soluble and insoluble fiber, Beet Root is a rich source of carbohydrates and protein see table below:

Nutrition Information

Serving Size: 10g

Average Quantity	Per Size	Per 100g
ENERGY	140.30Kj	1403.00Kj
PROTEIN	1.13g	11.30g
FAT, Total	0.11g	1.10g
SATURATES	0.00g	0.00g
CARBOHYDRATES (Total)	7.60g	76.00g
SUGARS	0.60g	6.00g
DIETARY FIBRE	0.61g	6.10g
SODIUM	54.80mg	548.00mg



www.hsib.co.uk

- It is low in fat and one teaspoon has around 30 calories.
- The coloring pigment in beet powders are antioxidants and work well to detox the colon, lower cholesterol levels, flush away fatty deposits and improve blood circulation and oxygen transportation – essential for improved athletic performance, training and general well being.
- Research has shown (See Later) that beetroot has an excellent capability to absorb and store high levels of nitrate.
- A natural red food colouring, suitable for vegans, and highly nutritious.
- Chinese have been using beet for years to treat anemia due to the rich Iron content.

Research on endurance

There have been many studies in recent years that have looked into the training benefits associated with using beet (**Bailey et al, 2010**) 'Body Building' they have generally found that it increases stamina, endurance, exercise intensity and duration. (**Cermak et al 2012**) found similar results for endurance athletes showing significant improvements in power output and cycling time.

The general consensus is that it is when the nitrate in beet converts to nitrate oxide in your body causing a reduction of blood pressure through increased blood flow and blood vessel dilation, reducing the amount of oxygen required therefore, enabling longer exertion.

Researchers conclude: drinking beet root juice reduces oxygen uptake and improves endurance better than any other known means, including training. Including exercise!

www.hsib.co.uk

Finally,

“Professor Andy Jones of Sport and Health Sciences at the University of Exeter has uncovered the properties of beetroot juice in boosting athletes’ stamina.”

Athletes competing in the London Olympics 2012 have benefited from the use of Nitrates found in beetroot both Olympic and Paralympic success have been accredited to the use of beetroot –with some winning multiple Gold Medals!

For further information I have added a link to Professor Andy Jones speaking about his research.

See [Professor Andrew Jones speaking about his research.](#)

Professor Andy Jones said: “This has been a fantastic summer for British sport and it is really exciting and rewarding to think that our research may have played a small part in that success. We now intend to investigate the possible benefits of dietary nitrate supplementation in people with cardiovascular, respiratory or metabolic diseases.”

Date: 19 September 2012

HSIB
Unit 4 Arch Enterprise Centre
Lintonville Parkway
Ashington
Northumberland
NE63 9JZ



www.hsib.co.uk