

Muscle Oxidation & Acetic Acid

Improving performance with apple cider vinegar

1

Consume acetic acid from a source such as apple cider vinegar

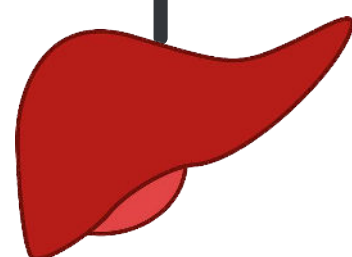


Choose organic, unfiltered, unpasteurized, raw apple cider vinegar which includes "with the mother" on the label

Digested acetic acid then increases the availability of Acetyl-CoA in the liver

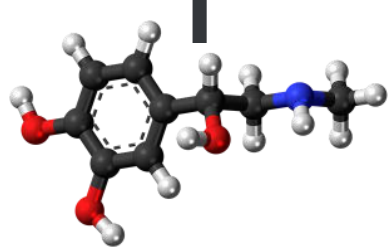
2

Acetic acid heads to the liver and emerges as Acetyl-CoA (AKA converted into a form that it can be transmitted to muscles)



3

Acetyl-CoA carries acetic acid to muscles be converted into AMP



In the muscles Acetyl-CoA is converted into adenosine monophosphate (AMP)- a "nucleotide" which may be converted into ATP (energy for our muscles)

Increased AMP from ACV = more ATP

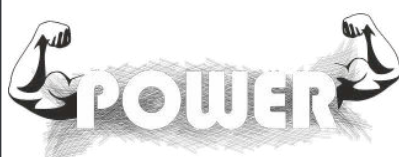
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AMP is converted into ATP for energy. Due to increased intake of acetic acid from apple cider vinegar, more AMP is present and more ATP is produced.



5

Increased performance from increased energy



Compared to baseline, drinking apple cider vinegar and increasing acetic acid may improve endurance through improving the oxidative capacity of muscles!



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