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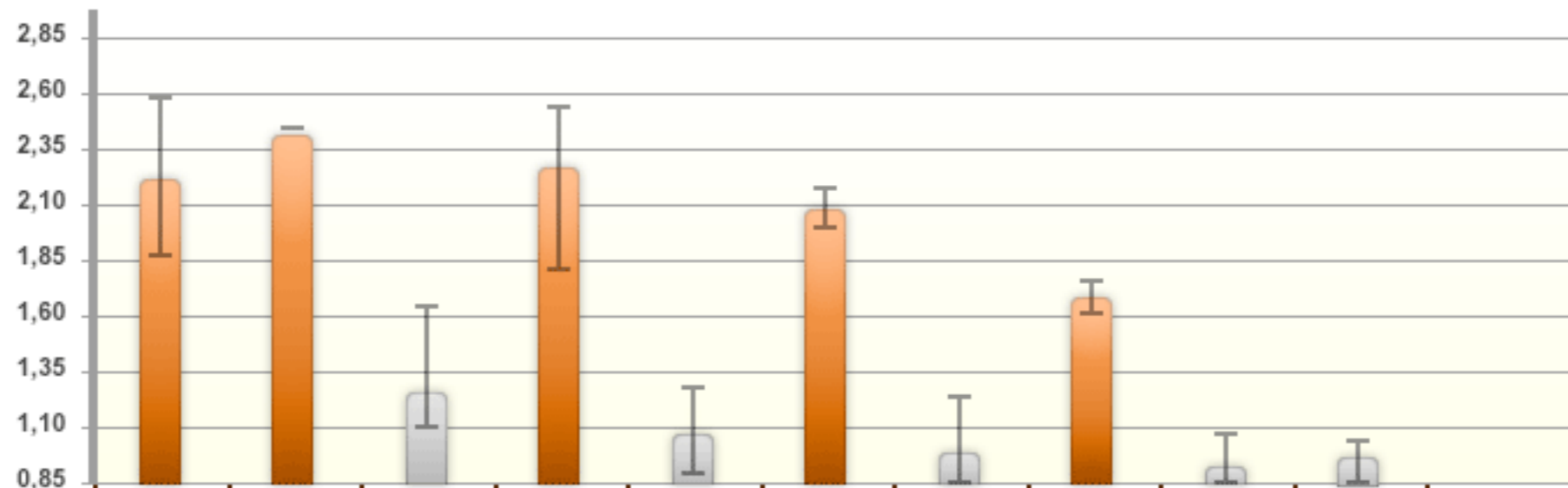
## ► Evaluation of PRS-Sport

Preconditioning with PRS-Sport was tested and evaluated by athletes and trainers from different sports. Results were evaluated by comparing HSP blood levels of athletes preconditioned by PRS-Sport (treated) or receiving a placebo (control).

### ► Prolonged exercise

Cycling (Road)

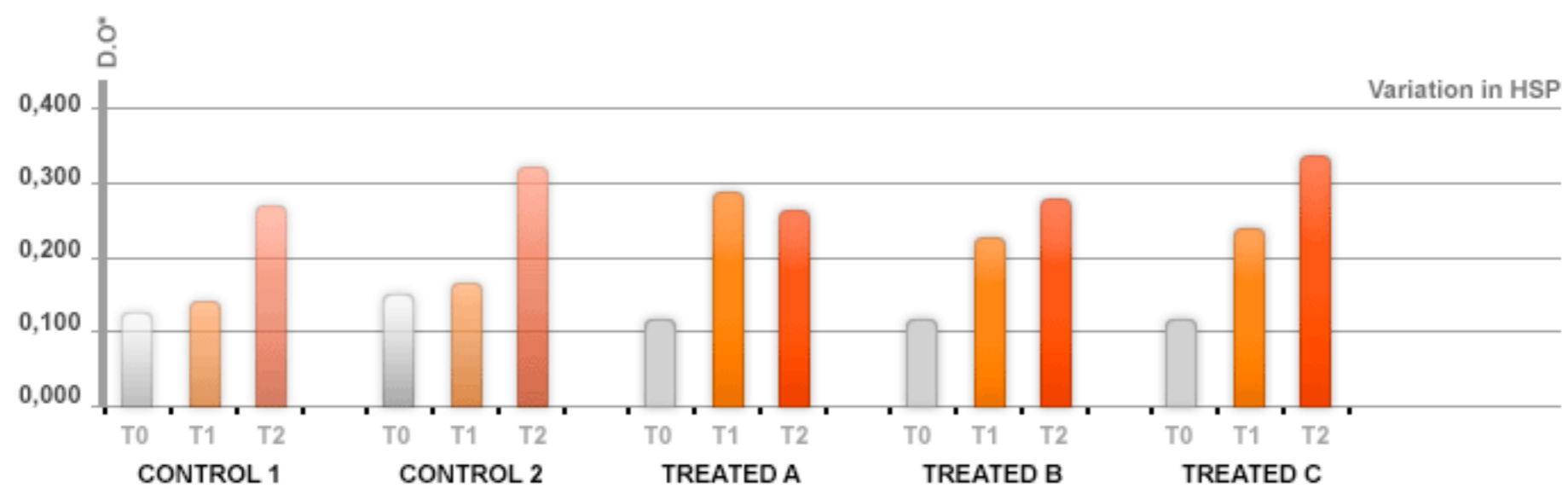
Increase in blood level of HP-72 two hours after the beginning of the exercise.



The consequences of oxidative stress as well as an elevation of body temperature appear later during prolonged high-intensity exercise. Nevertheless, cyclists preconditioned with PRS reach protective levels of HSP faster than controls. Therefore they increase their ability to recover and repair cellular damages generated by exercise faster.

Running

HSP synthesis



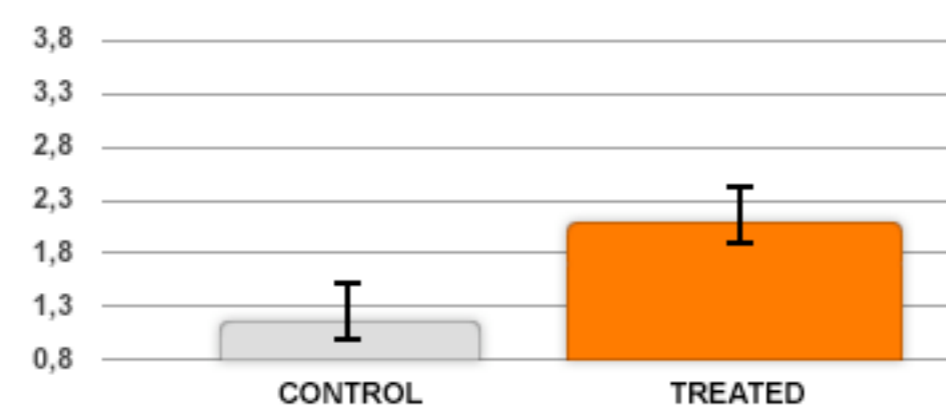
The experiment was performed at 1800 m altitude.

The rise in HSP level 30 minutes after the beginning of the exercise was only observed in athletes pre-conditioned with HSP. The acceleration of HSP synthesis prepares the body for an early response to physical stress increased by the lack of oxygen in altitude. The physical damages are only mild and the fatigue is managed much better.

### ► High Intensity Exercise

Cyclisme sur piste

Increase in HSP levels 45 minutes after the beginning of the exercise.



The oxidative stress generated by high intensity exercise appears quickly. Athletes pre-conditioned with PRS-Sport reach an effective level of HSP faster than controls.

Car Racing

PRS-Sport was also tested during several day car racing. Athletes had a better ability to focus and to handle stress, recovered quicker and experienced a better quality of sleep.

### ► Conclusion

