

NEWS:



Nutritional ingredient effect on trained vs untrained muscles

A recent new study (1) showed the interest of quantitative LC-MS/MS proteomics in order to understand differences between trained and untrained muscles. In this study, long-term endurance training increased the basal level of structural and mitochondrial proteins in skeletal muscle. In contrast, acute exercise resulted in a depletion of proteins related to substrate utilization, especially in trained athletes.

This kind of study can be very productive in nutritional ingredient studies, in animal or human, as it gives a large view on metabolic effects. By the way, most of proteins identified in this study can be followed by a targeted multiplex MRM LC-MS/MS method in order to follow if quantities are increasing or decreasing under a diet effect.

- (1) Basal and exercise induced label-free quantitative protein profiling of m. vastus lateralis in trained and untrained individuals. Schild M and all. 2015
<http://www.ncbi.nlm.nih.gov/pubmed/25857276>

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