

Platelets in exercise - the role of Fruitflow®

Exercise is good for us, so why is it bad for platelets ?

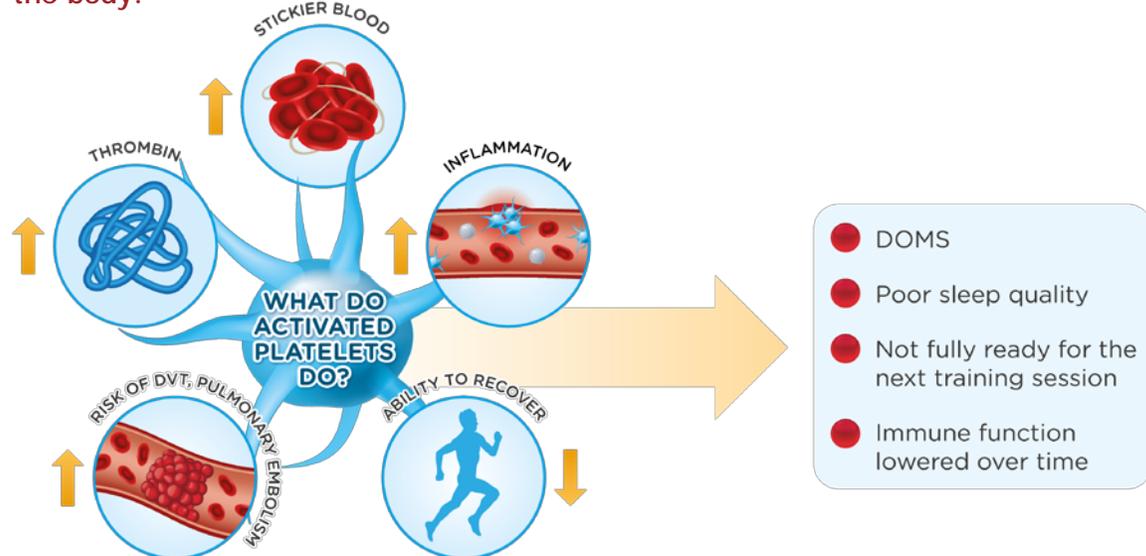
Exercising at higher intensity than a brisk walk activates blood platelets. Any type of exercise that raises your heart rate to about 82% of its maximum - so that's between around 125 - 150 bpm depending on your age - will have this effect. Research has shown that platelets start to be affected after only 3 minutes of intense exercise, and the consequences can persist for 48 hours.

5 ways exercise activates platelets

- Increase in core body temperature
- Dehydration
- Release of adrenaline and serotonin
- Thrombin generation
- Lactic acidosis

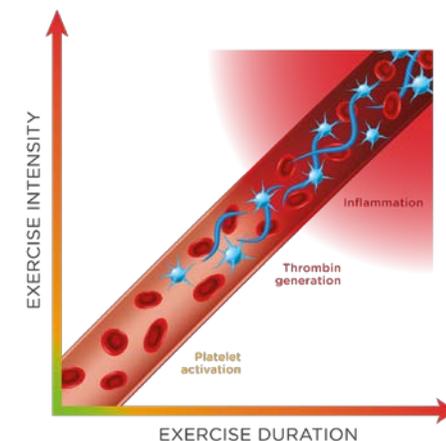
What happens when platelets are activated ?

Platelets act as an early warning system for a range of stresses experienced by the body.



How do activated platelets impact exercise training ?

The effects of activated platelets are experienced in the recovery phase. Raised inflammation is linked to delayed onset muscle soreness (DOMS), poor sleep quality, and extended tiredness. This prevents the body from recovering optimally in time for the next training session. In addition, activated platelets cause the blood to be stickier than normal after exercise, which can be linked to higher risk of DVT or pulmonary embolism. Exercising intensely for any amount of time will cause these effects to some extent, but they increase depending on how intensely and for how long the session is carried out.



How can Fruitflow® help ?

Keeping platelets from becoming activated during exercise means that the body does not have to expend as much resource on dealing with the resulting inflammation in the hours after exercise. This chart shows what happened when people of high and normal fitness undertook their normal exercise regime, with or without a supplement containing Fruitflow®.

The green bars show the level of damage caused by the exercise undertaken by each group. This level of damage has been reported to raise a highly fit person's risk of a myocardial infarction or sudden death by two to five-fold; and an unfit person's risk by fifty to one hundred-fold.

When the supplement containing Fruitflow® was taken before exercise, less platelet activation and inflammation resulted. Less damage for the body to deal with means less muscle soreness, better sleep, and better overall recovery.

