

# Effect of chocolate milk supplementation on sports performance in young badminton players

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Prolonged ingestion of chocolate milk during a training program improves the sports performance parameters in badminton athletes more than control.

|                             |                       |
|-----------------------------|-----------------------|
| <b>Ethische beoordeling</b> | Positief advies       |
| <b>Status</b>               | Werving gestart       |
| <b>Type aandoening</b>      | -                     |
| <b>Onderzoekstype</b>       | Interventie onderzoek |

## Samenvatting

### ID

NL-OMON21062

### Bron

NTR

### Verkorte titel

TBA

### Aandoening

sports performance (cardiorespiratory fitness, anaerobic capacity, handgrip strength, lower body strength)

### Ondersteuning

**Primaire sponsor:** Frisian Flag Indonesia

**Overige ondersteuning:** Frisian Flag Indonesia

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

## Toelichting onderzoek

### Achtergrond van het onderzoek

Post-exercise nutrition can be of great importance to replenish lost fluids (water and electrolytes), refill glycogen stores (carbohydrates), as well as stimulating muscle protein synthesis for skeletal muscle adaptations (proteins). Chocolate milk contains carbohydrates and proteins, as well as water and electrolytes. This combination potentially makes chocolate milk an ideal recovery beverage.

Several studies indeed show positive effects of chocolate milk supplementation as a recovery beverage. However, currently there is no study on the effect of chocolate milk on sports performance in Indonesian athletes.

Therefore, this study aims to determine the effect of prolonged chocolate milk supplementation during a training program on sports performance parameters in badminton athletes.

### Doel van het onderzoek

Prolonged ingestion of chocolate milk during a training program improves the sports performance parameters in badminton athletes more than control.

### Onderzoeksopzet

t=0 and t=6wks

### Onderzoeksproduct en/of interventie

2x225ml chocolate milk daily for 6 weeks

## Contactpersonen

### Publiek

Frieslandcampina  
job van leeuwen

+31(0)611662809

## Wetenschappelijk

Frieslandcampina  
job van leeuwen

+31(0)611662809

## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Athletes who conduct training camps at PB Exist, both men and women

Ages 8-14 years old

Having a normal Body Mass Index (BMI)

Willing to take part in a series of researches as evidenced by signing the informed consent goals of the research subjects as well as parents/legal guardian of research subjects.

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Athletes who are in a state of injury that is not possible to undergo training and tournament

Athletes who are under physician's care

Has a history of lactose intolerance or cow's milk allergy

Has a history of heart disease, lung disease and other chronic diseases

## Onderzoeksopzet

### Opzet

|                  |                       |
|------------------|-----------------------|
| Type:            | Interventie onderzoek |
| Onderzoeksmodel: | Cross-over            |
| Toewijzing:      | Gerandomiseerd        |
| Blindering:      | Enkelblind            |
| Controle:        | Placebo               |

## Deelname

Nederland  
Status: Werving gestart  
(Verwachte) startdatum: 23-09-2019  
Aantal proefpersonen: 38  
Type: Verwachte startdatum

## Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nee

## Ethische beoordeling

Positief advies  
Datum: 07-11-2019  
Soort: Eerste indiening

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

### In overige registers

| Register | ID |
|----------|----|
|----------|----|

|         |        |
|---------|--------|
| NTR-new | NL8139 |
|---------|--------|

Ander register Universitas Katolik Indonesia Atma Jaya : 1227/III/LPPM-PM.10.05/09/2019

## Resultaten