

Pills may be impacting performance

By Drew Grossman, Outside

Your supplement isn't just worthless – it's detrimental to performance. A recently published study by the Norwegian School of Sports Sciences shows that taking large doses of vitamins C and E may blunt the effects of endurance training by interfering with cellular adaptations to exercise.

The study tracked 54 athletic men and women participating in an endurance training program over an 11-week period. Subjects received either 1,000 milligrams of vitamin C, combined with 235 milligrams of vitamin E, or a placebo pill.

These dosages are consistent with amounts commonly found in such over-the-counter products as Emergen-C.

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