

The effect of Unimate on ketogenesis and athletic performance

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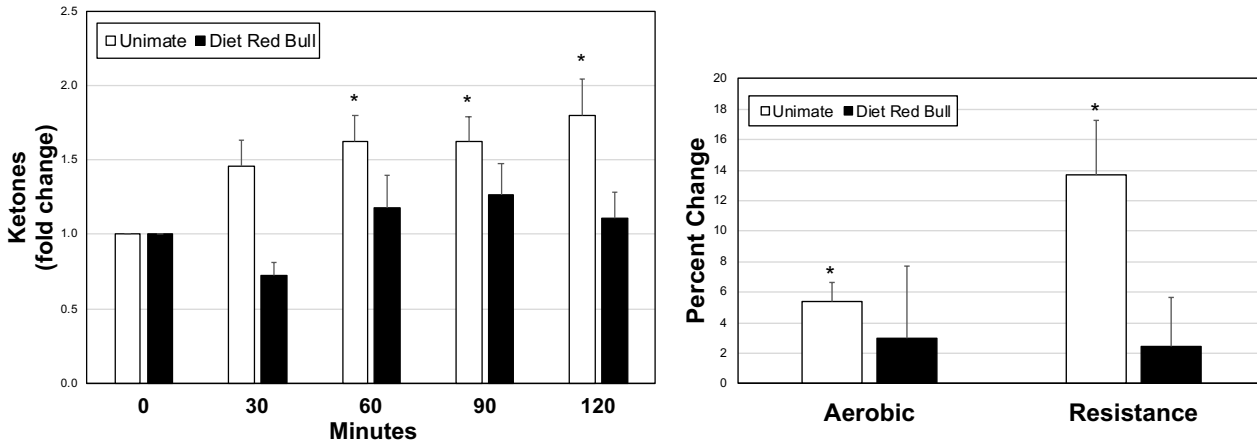
Introduction

Ketones are a naturally produced nutrient in the body during states of elevated fat burning. Once considered “metabolic garbage”, recent research efforts have revealed that ketones are not only a viable fuel for the body, but also elicit numerous health benefits, including improved brain function, reduced oxidative stress, and diminished inflammation. The purpose of this study was to determine the degree to which Unimate, a proprietary yerba mate drink, increases ketones and alters athletic performance. Additionally, other popular drinks are marketed as eliciting similar changes. Thus, one product in particular, Diet Red Bull, was used as a comparison.

Methods

Fourteen adult men and women participated in the study. Subjects were assigned to take both Unimate and Diet Red Bull, separated by roughly one week, with two aims: 1) to determine the effect on ketones, and 2) to measure changes in physical capacity. First, subjects were instructed to be in mild ketosis (blood ketones at 0.3 mM or above), consume the product (i.e., Unimate or Diet Red Bull) then measure ketones again at 30, 60, 90, and 120 minutes. Second, subjects performed their usual exercises (resistance or aerobic) one day, then compared their performance on a second day 30 minutes after having consumed Unimate or Diet Red Bull.

Results



Conclusions

Unimate elicited a clear and significant change in both ketones and performance. Specifically, Unimate increased ketones at 60, 90, and 120 minutes, with corresponding improvements in aerobic and even resistance exercise, which was particularly robust. Diet Red Bull did not change ketones significantly, but did tend to improve athletic performance, though, again, this effect was neither significant nor universal across the subjects. A potential explanation for such wide variety in response to Diet Red Bull is that several subjects reported feeling ill after consumption, which may be a result of timing of consumption of the product, needing to consume with food, or other variables. In conclusion, the results of this study indicate that Unimate both significantly increases ketones and improves athletic performance.