**Original article:**

**Effect of pre-exercise energy drink on the exercise endurance in young active adults**

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**ABSTRACT:**

The effect of a pre-exercise energy sport drink on the exercise performance was examined in twenty recreationally active 1st yr medical students. A single-blind, case-controlled research study design was conducted. Subjects underwent two testing session separated by 7 days, consisted of VO2max, RPE scale, HRmax as well as incremental test to exhaustion on motorized treadmill. Before the second trial, they were provided with Pre-exercise energy drink supplement (commercially marketed as RED BULL energy drink). Statistical analysis by student’s paired t test revealed significant difference was observed in VO2max, RPE scale, Exhaustion time and HRmax (p<0.05) after ingestion of Pre-Exercise energy drink. The present study indicate that a high energy drink consumed 30 minutes before exercise can enhance exercise performance by increasing the total time to fatigue during incremental testing.

***Keywords:*** *Endurance, Exhaustion time, Vo2 max*