

**GO**  
**BEET**  
BEETROOT JUICE™  
WITH APPLE



**GREAT SOURCE OF  
DIETARY  
NITRATE**



## **WHY BEETROOT JUICE?**

Beetroot juice is a delicious and nutritious, naturally rich source of dietary nitrate (NO<sup>3</sup>).

Recent scientific research suggests that dietary nitrate may help boost endurance and stamina by allowing muscles to use oxygen more efficiently.

GO Beet is proudly Australian made, with Aussie beetroots.

**Try some GO Beet juice before  
your next training session.**

Contains 90% Beetroot Juice.

Drinking beetroot juice may turn your urine pink. This is perfectly normal.  
Recommended consumption: no more than 1 bottle per day.

- ✔ **No Added Flavours**
- ✔ **No Added Colours**
- ✔ **No Preservatives**

# GO

## BEET™

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WITH APPLE

Recent scientific research suggests that dietary nitrate may help boost endurance and stamina by allowing muscles to use oxygen more efficiently.

For sports athletes this means that by consuming beetroot juice they may:

- Improve the energetic function of working muscles
- Lower the oxygen demand during sub-maximal work
- Extended time to exhaustion during maximal exercise

### WANT TO KNOW MORE ABOUT NITRATES, BEETROOT JUICE AND SPORTS PERFORMANCE? CHECK OUT THE LITERATURE:

LARSEN, F. J., WEITZBERG, E., LUNDBERG, J. O. & EKBLUM, B. (2007) Effects of dietary nitrate on oxygen cost during exercise. *Acta Physiologica*, 191, 59-66.

LARSEN, F. J., WEITZBERG, E., LUNDBERG, J. O. & EKBLUM, B. (2009) Dietary nitrate reduces maximal oxygen consumption while maintaining work performance in maximal exercise. *Free Radical Biology and Medicine*, 48, 342-347.

BAILEY, S. J., FULFORD, J., VANHATALO, A., WINYARD, P. G., BLACKWELL, J. R., DIMENNA, F. J., WILKERSON, D. P., BENJAMIN, N. & JONES, A. M. (2010) Dietary nitrate supplementation enhances muscle contractile efficiency during knee-extensor exercise in humans. *Journal of Applied Physiology*, 109, 135-148.

VANHATALO, A., BAILEY, S. J., BLACKWELL, J. R., DIMENNA, F. J., PAVEY, T. G., WILKERSON, D. P., BENJAMIN, N., WINYARD, P. G. & JONES, A. M. (2010) Acute and chronic effects of dietary nitrate supplementation on blood pressure and the physiological responses to moderate-intensity and incremental exercise. *Am J Physiol Regul Integr Comp Physiol*, 299, R1121-1131.

BAILEY, S. J., WINYARD, P., VANHATALO, A., BLACKWELL, J. R., DIMENNA, F. J., WILKERSON, D. P., TARR, J., BENJAMIN, N. & JONES, A. M. (2009) Dietary nitrate supplementation reduces the O-2 cost of low-intensity exercise and enhances tolerance to high-intensity exercise in humans. *Journal of Applied Physiology*, 107, 1144-1155.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 200mL	Avg. Quantity per Serving	Avg. Quantity per 100mL
Energy	360kJ	180kJ
Calories	86Cal	43Cal
Protein	3.2g	1.6g
Fat, total	0.1g	0.1g
- saturated	0g	0g
Carbohydrate	17.8g	8.9g
- sugars	16.0g	8.0g
Sodium	280mg	140mg
Potassium	360mg	180mg
Nitrate	260mg	130mg