Study on Caffeine, Genetics and Athletic Performance Highlights the value of Genetic Testing for Personalized Nutrition

TORONTO, CANADA, August 31, 2018 /EINPresswire.com/ -- New research from the University of Toronto shows that caffeine can either help or hinder athletic performance – or have no effect -- depending on which version of a gene athletes carry. The randomized controlled trial (RCT) is the largest of its kind examining the effects of caffeine on athletic performance. Researchers sought to determine whether genetic differences in caffeine metabolism resulted in different performance outcomes in athletes.

“Many athletes use caffeine before training or competition, and we wanted to know who is benefiting and who is not.” says Nanci Guest, Sport Dietitian, PhD candidate and lead author of the study entitled “Caffeine, Genetics and Athletic performance”, which appears in the August issue of Medicine & Science in Sport & Exercise and is featured in an invited commentary in the Sports Medicine Bulletin of the American College of Sports Medicine (ACSM).

With more and more athletes turning to genetic testing for personalized nutrition to gain a competitive edge, researchers at the University of Toronto continue to conduct studies to build the science, which helps to determine the best diet tailored to their genetic makeup. “There are many fad diets that claim to improve health or enhance performance, but we need to conduct rigorous studies to know what actually works for a given individual or athlete.” says University of Toronto Professor Ahmed El-Sohemy, senior author of the study who is also the Founder & Chief Science Officer of Nutrigenomix.

“From weekend runners to Olympic hopefuls and professional athletes, everyone is keen to use this technology to perform their best by tapping into their DNA” says Guest. Genetic testing allows us to provide recommendations for what foods to increase or limit, advice on ideal caffeine intakes for better health and sport performance and identify potential food intolerances and sensitivities.

The study was also selected as a finalist in the first annual NutraIngredients-USA Awards, in the Nutrition Research Award category for 2018. This category recognizes the best game-changing nutrition research projects that pushed the boundaries of nutritional science.

The research was partially funded by Nutrigenomix Inc., which is a global leader in genetic testing for personalized nutrition. The company originally developed a 45-gene test for health & wellness, but the findings from this latest research added valuable new data for the development of Nutrigenomix-Sport, which is a genetic test for optimizing athletic performance through personalized nutrition. Nutrigenomix-Sport is being offered by sport dietitians, nutritionists, physicians, coaches, and trainers to help athletes of all levels.

To learn more about Nutrigenomix visit www.nutrigenomix.com.

ABOUT NUTRIGENOMIX
Nutrigenomix Inc. was founded in 2011 as a University of Toronto start-up biotechnology company, which is dedicated to empowering healthcare professionals and their clients with comprehensive, reliable genomic information, with the ultimate goal of improving health

through personalized nutrition. The company has a network of over 8,000 healthcare practitioners in 35 countries and the personalized nutrition reports are available in 8 languages. The current 45-gene test is available for health, sport and fertility. For more information visit www.Nutrigenomix.com or email info@nutrigenomix.com.

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