



PRALEUCINE®

ENJOY AGING, EVERY BITE OF IT™

RELEVANTE LITERATUUR

Abe S, Ezaki O, Suzuki M. *J. Nutr.* 2016, 146: 1017-26. Medium-chain triglycerides in combination with leucine and vitamin D increase muscle strength and function in frail elderly adults in a randomized controlled trial.

Agostini D, Zeppa SD, Lucertini F, Annibalini G, Gervasi M, Marini C. F, Piccoli G, Stocchi V, Barbieri E, Sestili P. *Nutrients.* 2018, 10: 1103-1124. Muscle and bone health in postmenopausal women: role of protein and vitamin D supplementation combined with exercise training.

Bischoff-Ferrari HA, Dawson-Hughes B, Staehelin HB, Orav JE, Stuck AE, Theiler R, Wong JB, Egli A, Kiel DP, Henschkowski J. *BMJ.* 2009, 339: 3692-3703. Fall prevention with supplemental and active forms of vitamin D: a meta-analysis of randomised controlled trials

Bohannon RW. *Clinical Interventions in Aging.* 2019, 14: 1681-1691. Grip strength: an indispensable biomarker for older adults.

Borack MS, Volpi E. *J. Nutr.* 2016, 146: 2625S-2629S. Efficacy and safety of leucine supplementation in the elderly.

Bukhari SS, Phillips BE, Wilkinson DJ, Limb MC, Rankin D, Mitchell WK, Kobayashi H, Greenhaff PL, Smith K, Atherton PJ. *Am. J. Physiol. Endocrinol. Metab.* 2015, 308: E1056-65. Intake of low-dose leucine-rich essential amino acids stimulates muscle anabolism equivalently to bolus whey protein in older women at rest and after exercise.

Daly RM. *Climacteric.* 2017, 20: 119-124. Exercise and nutritional approaches to prevent frail bones, falls and fractures: an update.

Elango R, Rasmussen B, Madden KJ. *Nutr.* 2016, 146: 2630S-2634S. Safety and tolerability of leucine supplementation in elderly men.

English KL, Mettler JA, Ellison JB, Mamerow MM, Arentson-Lantz E, Pattarini JM, Ploutz-Snyder R, Sheffield-Moore M, Paddon-Jones D. *Am J Clin Nutr.* 2016, 103: 465-73. Leucine partially protects muscle mass and function during bed rest in middle-aged adults.

Gielen E, Beckwée D, Delaere A, De Breucker S, Vandewoude M, Bautmans I. *Nutrition Reviews.* 2021, 79: 121-147. Nutritional interventions to improve muscle mass, muscle strength, and physical performance in older people: an umbrella review of systematic reviews and meta-analyses.

Gunton JE, Girgis CM. *Bone Reports.* 2018, 8: 163-167. Vitamin D and muscle.

Layman DK, Anthony TG, Rasmussen BB, Adams SH, Lynch CJ, Brinkworth GD, Davis TA. *Am J Clin Nutr.* 2015, 101: 1330S-8S. Defining meal requirements for protein to optimize metabolic roles of amino acids.

Martínez-Arnau FM, Fonfría-Vivas R, Cauli O. *Nutrients.* 2019, 11: 2504-2520. Beneficial effects of leucine supplementation on criteria for sarcopenia: a systematic review.

Martínez-Arnau FM, Fonfría-Vivas R, Buigues C, Castillo Y, Molina P, Hoogland A, van Doesburg F, Pruijboom L, Fernández-Garrido J, Cauli O. *Nutrients.* 2020, 12: 932-948. Effects of Leucine Administration in Sarcopenia: A Randomized and Placebo-controlled Clinical Trial.

Mitchell WK, Phillips BE, Hill I, Greenhaff P, Lund JN, Williams JP, Rankin D, Wilkinson DJ, Smith K, Atherton PJ. *Clinical Science.* 2017, 131: 2643-2653. Human skeletal muscle is refractory to the anabolic effects of leucine during the postprandial muscle-full period in older men.

Nicastro H, Artioli GG, Costa Ados S, Solis MY, da Luz CR, Blachier F, Lancha AH Jr. *Amino Acids.* 2011, 40: 287-300. An overview of the therapeutic effects of leucine supplementation on skeletal muscle under atrophic conditions.

Nowson C, O'Connell S. *Nutrients.* 2015, 7: 6874-6899. Protein requirements and recommendations for older people: a review.

Reule CA, Scholz C, Schoen C, Brown N, Siepelmeyer A, Alt W.W. *BMJ Open Sport Exerc. Med.* 2017, 2: 1-10. Reduced muscular fatigue after a 12-week leucine-rich amino acid supplementation combined with moderate training in elderly: a randomised, placebo-controlled, double-blind trial.

Salles J, Chanet A, Giraudet C, Patrac V, Pierre P, Jourdan M, Luiking Y, Verlaan S, Migne C, Boirle Y, Walrand S. *Molecular Nutrition & Food Research.* 2013, 57: 2137-2146. 1,25(OH)₂ vitamin D₃ enhances the stimulating effect of leucine and insulin on protein synthesis rate through Akt/PKB and mTOR mediated pathways in murine C2C12 skeletal myotubes.

Wilkinson DJ, Bukhari SSI, Phillips BE, Limb MC, Cegielski J, Brook MS, Rankin D, Mitchell WK, Kobayashi H, Williams JP, Lund J, Greenhaff PL, Smith K, Atherton PJ. *Clinical Nutrition.* 2018, 37: 2011-2021. Effect of leucine-enriched essential amino acid and whey protein bolus dosing upon skeletal muscle protein synthesis at rest and after exercise in older women.

Yoshimura Y, Bise T, Shimazu S, Tanoue M, Tomioka Y, Araki M, Nishino T, Kuzuhara A, Takatsuki F. *Nutrition.* 2019, 58: 1-6. Effects of a leucine-enriched amino acid supplement on muscle mass, muscle strength, and physical function in post-stroke patients with sarcopenia: A randomized controlled trial.