

University of Stirling finds Pickle Juice effective in preventing muscle cramping

29 July 2024 | News

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A groundbreaking study conducted by Thomas Cannon at the University of Stirling reveals that Pickle Juice significantly prevents muscle cramping in competitive swimmers, independent of their sweat rate and hydration status.

Cannon's research focused on the persistent issue of muscle cramping among competitive swimmers, proposing that the acetic acid in Pickle Juice acts as a neural inhibitor to reduce cramps. The study involved ten male swimmers, aged 18-21, all competing at a national level.

Participants were involved in a randomised crossover trial over two weeks, encompassing ten data collection sessions. In the control trial, swimmers ingested only water, whereas, in the intervention trial, they consumed a specified volume of Pickle Juice (10 ml per 10 kg of body weight) along with water.

The research substantiates the use of Pickle Juice as a practical and effective training aid for preventing muscle cramps in swimmers. It further demonstrates that cramp prevention is not reliant on sweat rate or hydration levels, but rather on the neural effects of acetic acid.

Pickle Juice has expressed support for the study's findings, highlighting the product's unique benefits. Filip Keuppens, Pickle Juice EVP comments, "This research aligns with our mission to provide athletes with the only scientifically proven solution for stopping muscle cramps, preventing dehydration and aiding in recovery. We are thrilled to see such significant results that underscore the effectiveness of Pickle Juice, and appreciate Thomas' thoughtful and thorough research."

Pickle Juice contains a proprietary grain and blend of vinegar, working to block nerve signals responsible for muscle cramping. It was the first product to address the neurological factors leading to cramps and boasts a distinctive blend of vitamins and minerals that support post-exercise recovery. Available in various sizes and flavours, from the 1-gallon extra strength pickle juice to the 2.5-ounce pickle juice shot, Pickle Juice is a game-changer for those seeking relief from muscle cramps and has been a go-to amongst professional athletes.