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SAMPLE ABSTRACT (not real data)

Title: The Effect of Taurine on Maximal Cycling Performance

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Purpose: The purpose of this study is to determine the effects of taurine on VO_{2max} , heart rate (HR), rating of perceived exertion (RPE), volume oxygen (VO) and respiratory exchange ratio (RER) during cycling exercise. It was hypothesized that an intake of taurine before maximal exercise would increase fat metabolism during exercise as compared to a placebo. It was also hypothesized that an intake of taurine would decrease RPE, VO_{2max} , and heart rate during cycling exercise. **Methods:** Female participants ranging from ages 21- 26 years were recruited. Two trials were administered with a minimum of three days between trials utilizing a randomized blind design. The participants were given one trial with taurine and one trial with a placebo. The amount of taurine given was 1mg/kg of body weight. The subjects then performed a VO_{2max} cycling test using a Monarch cycle ergometer and a ParvoMedics metabolic cart. **Results:** RPE was significantly lower in trial 1 compared to trial 2 (11.9 ± 0.2 and 12.7 ± 0.2 , respectively, $p = 0.001$). There were no significant differences between trials for VO_{2max} ($p= 0.2$), RER ($p= 0.8$), VO_2 ($p= 0.2$), and HR ($p= 0.5$). **Conclusions:** Taurine reduces perception of effort during cycling exercise, but has no physiological effect on HR, VO_2 , VO_{2max} , or RER.