



# THE INFLUENCE OF ROOIBOS

## *on sport performance*

The global sports nutrition market size is expected to reach USD 24.43 billion by 2025, expanding at a CAGR 9.7% over a forecast period, according to a new report by Grand View Research, Inc. The market is majorly driven by growing demand for these products among sportspeople and athletes, rising consumer awareness, and increasing number of gyms and health and fitness centres across the globe that are involved in marketing of these nutritional products.

But if you are not really into sports and fitness you must know that health and wellness is very much dependent on physical activity. Whether it is gym sessions, High Intensity Interval Training or a walking club, you need to get exercise to be and stay well.

Research into the effects of Rooibos on sport performance is very new. Many researchers and athletes are curious about the effects of natural herbs, especially Rooibos, on sport performance.

In a research study conducted by Prof. Jeanine Marnewick at CPUT, it was found that Rooibos plays a preventative role in oxidative stress that is brought about by exercise. It was shown that the antioxidants in Rooibos work in harmony to fight against cell damage, which often occurs during exercise, and especially during high intensity exercise. Prof. Simeon Davies, head of CPUT's Sports Management Department, illustrates that during repeated, exhausting exercise sets Rooibos can reduce fatigue and in essence improve performance.

In the initial oxidative stress study it was shown that consuming Rooibos in a concentrated form, equivalent to 6 cups per day, boosted performance by 5%.

The SA Rooibos Council says Rooibos has performance-boosting benefits when consumed before, during or after exercise. The antioxidants in Rooibos fight inflammation and boost circulation in order to help repair damaged muscle tissue.

Prof. Davies, completed a study that was published in the International Journal Of Ergonomics where 32 men took a Rooibos supplement equivalent to 2 cups of fermented Rooibos for 4 weeks and he found that the Rooibos may have contributed to an improvement in physical performance.

## TO WRAP UP

- Rooibos can boost exercise performance
- Rooibos provides a healthy alternative to sports drinks as it does not contain any caffeine and is low in tannins
- Rooibos may assist in boosting an athlete's performance

