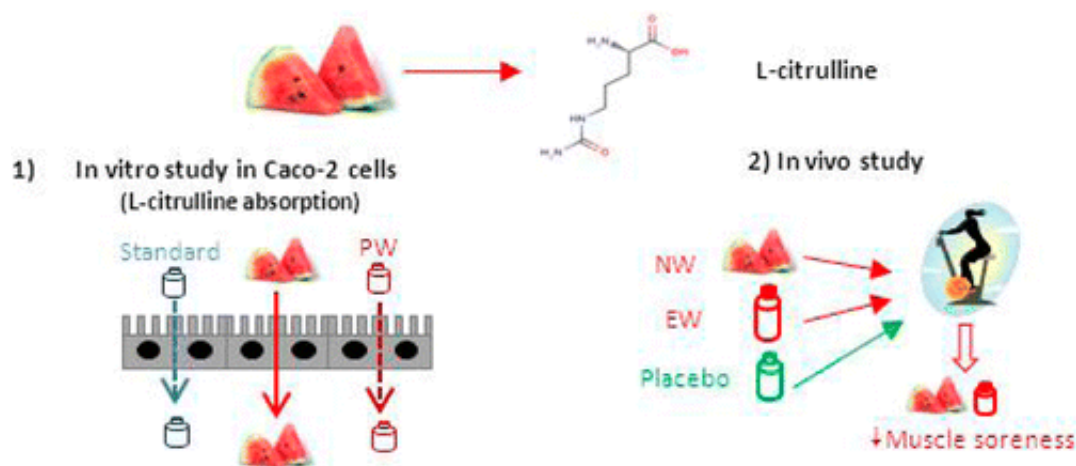


Watermelon juice relieves post-exercise muscle soreness

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Watermelon juice's reputation among athletes is getting scientific support in a new study, which found that juice from the summer favorite fruit can relieve post-exercise muscle soreness. The report in ACS' *Journal of Agricultural and Food Chemistry* attributes watermelon's effects to the amino acid L-citrulline.

Encarna Aguayo and colleagues cite past research on watermelon juice's [antioxidant properties](#) and its potential to increase [muscle protein](#) and enhance athletic performance. But scientists had yet to explore the effectiveness of watermelon juice drinks enriched in L-citrulline. Aguayo's team set out to fill that gap in knowledge.

They tested natural watermelon juice, watermelon juice enriched in L-citrulline and a control drink containing no L-citrulline on volunteers an hour before exercise. Both the natural juice and the enriched juice relieved muscle soreness in the volunteers. L-citrulline in the natural juice (unpasteurized), however, seemed to be more bioavailable—in a form the body could better use, the study found.

More information: "Watermelon Juice: Potential Functional Drink for Sore Muscle Relief in Athletes" J. Agric. Food Chem., 2013, 61 (31), pp 7522–7528 [DOI: 10.1021/jf400964r](https://doi.org/10.1021/jf400964r)

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