
Office Regenerator 2011 Serial Number 141 !!LINK!!

Creatine is a competitive inhibitor of the reuptake of glycine and glutamate at the NMDA receptor, acting as both a fast (i.e., un-metabolized creatine) and slow (i.e., creatine in conjugation with glycine and/or glutamate) competitive inhibitor. At the same time, a creatine molecule has two positive charges (a high positive charge state), which means that it binds to the negatively charged end of the NMDA receptor's ion channel [69]. This binding allosterically inhibits the opening of the NMDA receptor channel [69, 70, 75]. Therefore, creatine may serve as a natural ergogenic aid in athletics by suppressing the hyperemic response associated with intense aerobic exercise [71, 72], thereby preserving muscle glycogen stores for later exercise [73, 74]. Furthermore, a recent study by Robinson et al [75] demonstrated that mice that lack creatine-kinase activity have high-hemoglobin glycogen stores after performing an intense exercise bout. Whether humans with creatine-kinase deficiencies can use the free creatine already synthesized by the liver to regenerate glycogen stores in the skeletal muscle is still unknown. However, the evidence suggests that creatine supplementation may benefit athletes involved in many endurance events as well as some sport disciplines where a high demand of energy exists in the form of sustained or intermittent high intensity exercise lasting longer than 90 min, and which typically does not involve weight-lifting or sprinting. Thus, creatine supplementation may benefit athletes participating in a number of endurance events, including some sprinters and cyclists, and can also be important for female athletes involved in rhythmic gymnastics, cycling, track cycling, and triathlon [5, 49, 85].



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the regenerator can work in parallel with a wdm and require less power than an optical combiner. the wdm can be of a much smaller bandwidth, and the regenerator can then double the number of regenerated channels with little degradation in performance. the regenerator can be used to double the number of channels in an optical combiner without increasing the input power of the combiner, and, therefore, reduce the overall power required to be supplied by the optical source. this regenerator, however, is limited by the bandwidth of the combiner used, i.e., which is typically in the range of 10 to 40 ghz. because of the bandwidth of the combiner, the input power to the combiner would need to be increased by a factor of ~2-4 when operating at a regenerated power level. in this case, for example, the regenerated power at the maximum input power of the edfa used is only ~20% of the input power.

creatine supplementation has been shown to improve performance in exercise and/or combat sports in a number of short-term studies. creatine supplementation may enhance post-exercise recovery, injury prevention, thermoregulation, rehabilitation, and concussion and/or spinal cord neuroprotection. a number of clinical applications of creatine supplementation have also been studied involving neurodegenerative diseases (e.g., muscular dystrophy, parkinsons, huntingtons disease), diabetes, osteoarthritis, fibromyalgia, aging, brain and heart ischemia, adolescent depression, and pregnancy. benefits of creatine supplementation in endurance athletes. recent position stands by the american dietetic association, dietitians of canada, and the american college of sports medicine have concluded that creatine supplementation is effective as an ergogenic aid in improving endurance exercise performance in men and women [91, 92]. these position stands were based on evidence that creatine supplementation has been shown to increase intramuscular creatine concentrations, can improve exercise performance, and/or improve training adaptations [20, 51, 64, 86, 87, 88, 89, 90]. there are, however, a number of studies in the scientific literature that suggest that creatine supplementation may not always confer an ergogenic benefit. for example, studies have shown that creatine supplementation does not benefit all individuals [20, 51, 64, 86, 87, 88, 89, 90]. also, some individuals may not see a significant benefit from creatine supplementation during training [20, 63, 64, 86, 87, 88, 89, 90]. these studies have suggested that some individuals may not respond to creatine supplementation as well as others. for example, the majority of studies have been conducted on men and some studies suggest that women may not see as much gain in strength and/or muscle mass during training in response to creatine supplementation [20, 51, 64, 86, 87, 88, 89, 90].

however, the evidence strongly supports the conclusion that creatine supplementation can be effective in enhancing endurance exercise performance. 5ec8ef588b

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