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## FSU: Parkinson's and MS Patients May Find Help From Sports Supplement

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### FSU Press Release

RESEARCHERS TEST POPULAR SPORTS SUPPLEMENT  
IN EFFORT TO IMPROVE LIFE FOR PARKINSON'S  
AND MS PATIENTS

Florida State University researchers have teamed up to investigate a new use for a popular sports supplement to improve the lives of Parkinson's disease and Multiple sclerosis patients.



Beta-alanine, an amino acid popular among athletes who seek to boost their physical performance and body composition, has the potential to enhance motor function in Parkinson's and MS patients.

Michael Ormsbee, assistant professor of nutrition, food and exercise sciences in the College of Human Sciences, and Gerry Maitland, a professor of neurology in the Department of Clinical Sciences in the College of Medicine, will be available to answer questions about the study during two sessions with study participants; patients will be doing exercises — cycling, lifting, walking — in a laboratory and will be scanned by machines.

Parkinson's disease and Multiple sclerosis patients have muscle performance limitations due to fatigue, muscle weakness and disuse. The use of beta-alanine could ultimately improve their ability to perform daily tasks.

Researchers plan to collect data on beta-alanine consumption and its effects until mid-September.

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<http://www.wctv.tv/news/headlines/FSU-Researchers-Test-Sports-Supplement-in-Effort-to-Improve-Lives-of-Parkinsons-and-MS-Patients-219050561.html>