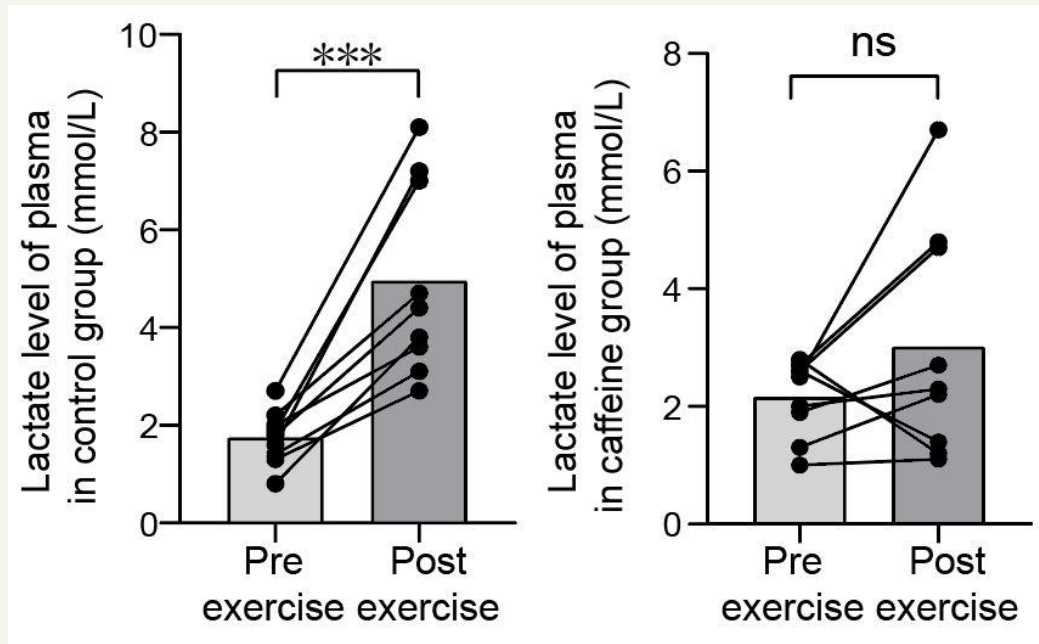
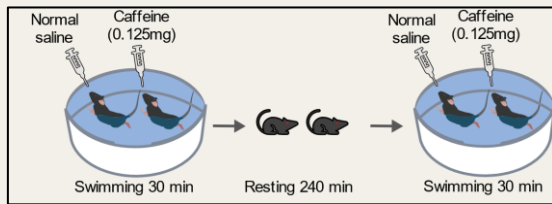
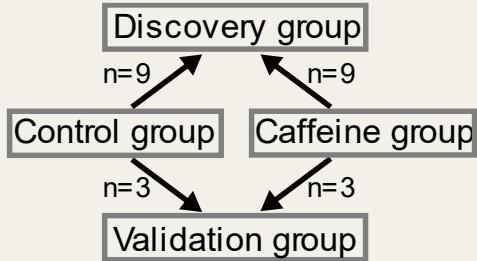


METHODS



Conclusion: Caffeine significantly upregulates the expression of exercise-related proteins, and accelerates the utilization of lactate during exercise.