

Want to improve your performance in 5 MINUTES?



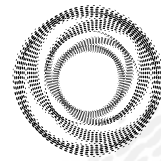
Measure your energetic metabolism profile and your antioxidant system at rest, under stress and during recovery

**OVERALL ASSESSMENT OF THE OXIDATIVE BALANCE**

Monitor the production of free radicals (d-ROMs Test)

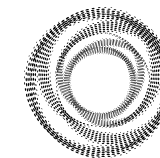
Evaluate the antioxidant barrier (BAP Test)

**IMPROVE ATHLETIC PERFORMANCE AND PREVENT INJURIES**



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Measuring the oxidative balance  
Improving performance in sport



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**Physical activity** is essential for the improvement of quality of life: it helps prevent the risk of disease and slows down cellular ageing.

**Oxidative stress** is a “chemical stress” induced in our body by an imbalance between the production and elimination of oxidizing agents, among which the so-called “free radicals” stand out. It represents an emerging health risk factor because it can cause serious damage to cells and tissues. For this reason oxidative balance should be monitored.

**During physical exercise** the values of the oxidative balance undergo changes. In the well-trained athlete the increase of these markers helps activate the antioxidant barrier, whereas in the less fit athlete it leads to higher muscular fatigue and to functional and structural damage to the skeletomotor system.



**“During physical exercise, a suitable production of free radicals improves muscle contractility and the performance of the athlete.”**

#### **PANEL CARRATELLI**

Panel Carratelli is the integrated analytical approach that provides a global assessment of the oxidative balance through simple laboratory tests:

- **d-ROMs Test** evaluates the impact of the production of free radicals and other oxidizing agents on the state of health of the organism.
- **BAP Test** evaluates the status of antioxidant defenses.
- **SHp Test** measures thiol-based antioxidants such as lipoic acid and glutathione.

#### **Why you should measure it**

An analysis of the oxidative balance can help optimize the training regime and implement any corrective measures, such as lifestyle improvement and a more rational use of antioxidant supplements.

- **IDENTIFY** a change in the cellular redox balance
- **FORMULATE** the training programme, recovery times and diet
- **ENHANCE** physical performance and prevent injuries

**“Free radicals and antioxidants change and adapt as a result of physical activity.”**

