PriMera Scientific Surgical
Research and Practice
Volume 8 Issue 3 September 2026
DOI: 10.56831/PSSRP-08-329
ISSN: 2836-0028

PriMera Scientific Publications

Patent-Pending Formulations and a Treatment Method for Supporting Athletic Performance: A Scientific Rationale

Type: Review Article
Received: June 22, 2026
Published: September 02, 2026

Citation:
Christina Rahm. "Patent-Pending Formulations and a Treatment Method for Supporting Athletic Performance: A Scientific Rationale". PriMera Scientific Surgical Research and Practice 8.3 (2026): 41-44.

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Abstract

High-performance athletes are constantly subjected to significant physiological, metabolic, and psychological stressors that test the adaptive ability of the body. Whereas training is the stimulus needed to perform better, recovery is the determinant of whether adaptation takes place or maladaptation develops. The patient-pending treatment technique discussed in this white paper suggests a multi-formulation, structured nutritional protocol administered over a specific course of treatment to help in athletic performance and recovery. This white paper explores the scientific possibility of the suggested formulations by integrating the existing evidence from exercise physiology, nutrition science, and sports medicine. The focus is on the processes connected with inflammation, oxidative stress, energy metabolism, cognitive functioning, connective tissue integrity, and gut and immune health. Despite the fact that efficacy can only be determined using large-scale clinical trials, available scientific evidence supports a biological basis for the integrated and time-phased method of athlete support that the patent offers. This analysis is intended to inform researchers, clinicians, and sports performance professionals by offering an evidence-based framework in which the proposed method can be assessed and further explored.

Physiological Demands of High-Performance Athletics

Repeated and cumulative stresses on several physiological systems are exerted by high-performance athletics. Musculoskeletal force production, cardiovascular and respiratory activity, and neuromuscular coordination are maintained in the process of training and competition. During endurance and high-volume activities, the metabolism becomes particularly high and requires a constant generation of energy, which requires the efficiency of mitochondria. Simultaneously, athletes should maintain cognitive focus, emotional regulation, and motivation in case of physical exhaustion.

Maladaptation can be experienced when the body is under stress beyond its ability to recover. Overtraining and loss of performance are usually coupled with excessive fatigue, chronic inflammation, oxidative stress, and disruption of hormones. Although the production of reactive oxygen species (ROS) during exercise is required to support cellular signaling and adaptation, it may also cause tissue damage and impaired recovery if antioxidant defenses are overwhelmed (He et al., 2016). The stress-

ors demonstrate the significance of recovery as one of the key predictors of long-term athletic performance.

Nutrition has a primary role to play in performance and recovery. Whereas the macronutrients are sources of energy and structural building blocks, micronutrients and bioactive compounds are necessary for enzyme activity, tissue repair, immune protection, and redox balance. This has led to a growing interest in structured nutritional plans that are not limited to simple meal consumption as an addition to training and recovery in sports communities. In this context, detailed nutritional plans are no longer considered as performance-enhancers, but as recovery-facilitating tools that may assist in maintaining the training quality and longevity of athletes.

Overview of the Patent-Pending Treatment Method

The patent-pending treatment strategy suggests six proprietary preparations used simultaneously during a specific period of treatment, preferably a minimum of ninety days. The protocol is intended to address a variety of physiological systems involved in athletic performance and recovery using a time-phased dosing plan. These formulations contain combinations of vitamins, minerals, amino acids, polyphenols, prebiotics, probiotics, and structural proteins, each delivered in certain forms and quantities.

Instead of depending on one compound, the approach involves an integrated approach that links nutritional support with the progressive needs of training. Specific formulations are given before exercise, while others are modified with time to show changing recovery needs. This systemic and time-based approach is what makes the proposed plan unique compared to traditional methods of single-supplementation and shows modern knowledge of athletic adaptation as a complex system. This kind of strategy reflects long-standing principles of exercise programming, whereby gradual loading and recovery are known to be important in long-term performance growth.

Scientific Rationale for the Treatment Protocol

Inflammation and Oxidative Stress

Exercise causes temporary inflammation and oxidative stress, which are fundamental to adaptation, yet harmful when too much or unresolved. The anti-inflammatory and antioxidant properties of polyphenolic compounds like curcumin, resveratrol, and quercetin have received wide research attention. Curcumin supplementation has been demonstrated to lower muscle damage and inflammatory biomarkers after exercise (McFarlin et al., 2016; Tanabe et al., 2015). Likewise, resveratrol and quercetin are linked with the regulation of oxidative stress and inflammatory pathways relevant to endurance performance and recovery (Kurtz et al., 2023). Vitamin C plays an antioxidant role in the body, besides functioning as an immune modulator and collagen synthesizer. A combination of these compounds can contribute to the regulation of exercise-induced oxidative stress, hence, facilitate recovery without completely desensitizing adaptive signaling.

Energy Metabolism and Fatigue Resistance

Sustained athletic performance relies on effective energy metabolism and mitochondria function. Nicotinamide adenine dinucleotide (NAD^+) is a major player in cell energy, redox reactions, and cellular energy. Unchecked (NAD^+) metabolism has been associated with a lack of mitochondrial performance and metabolic exhaustion (Cantó et al., 2015). Dietary interventions to help maintain (NAD^+) are thus possibly applicable in athletes who experience recurring high-energy demands. D-ribose has been studied to see its effect in integrating adenine nucleotide pools after vigorous exercise. Repeated sprint performance shows possible benefits of supplementation, which implies its use in facilitating temporary energy replacement (Berardi & Ziegenfuss, 2003). Magnesium also plays a role in energy metabolism as it is a cofactor in ATP reactions and in aiding neuromuscular activity (Nielsen & Lukaski, 2006).

Cognitive Performance and Stress Resilience

Physical capacity is not the only predictor of athletic performance since cognitive ability and stress tolerance also play a key role. Catecholamine neurotransmitters involved in focus, motivation, and stress response are produced from L-tyrosine. Tyrosine supplementation has been found to enhance cognitive functioning in stress and fatigue situations (Deijen et al., 1999). L-theanine and

caffeine have been investigated both independently and in combination for their effects on attention, alertness, and mood. Evidence suggests that L-theanine may enhance calm alertness and mitigate some of the hyperactivity effects of caffeine so that individuals can perform cognitive duties over prolonged periods (Haskell et al., 2008; Einöther & Martens, 2013).

Connective Tissue Integrity and Structural Support

Repetitive loading during training exerts significant stress on tendons, ligaments, and joints. Collagen supplementation has become a possible intervention in the maintenance of connective tissues. Randomized controlled trials show that collagen peptides can alleviate the signs of muscle damage and affect bone turnover after exercise (Clifford et al., 2019). Vitamin C has a synergistic effect as it helps in collagen synthesis. Pre-activity vitamin C-enriched supplementation has been demonstrated to increase collagen synthesis, which may have an advantage in tissue repair and wound prevention (Shaw et al., 2017).

Gut Health and Immune Function

Strenuous and acute workouts may interfere with gastrointestinal integrity and weaken immunity, predisposing one to disease. Prebiotics and probiotics, as well as bioactive compounds, have been explored for their effects in regulating gut microbiota and immunity. Surveys of probiotic supplementation indicate the possibility of a positive effect on immune resilience and recovery of athletes (West et al., 2009). More recent evidence reports the new significance of microbiome-based strategies in optimizing athletic recovery and performance (Teglas et al., 2025; Aykut et al., 2024). The immunomodulatory effects of bovine colostrum have also been investigated and could be useful in the maintenance of gut barrier function within extreme activity phases. Maintaining gut integrity is becoming an ever-increasing predictor of training consistency, illness prevention, and the general athlete's availability.

Innovation, Strengths, and Limitations of the Approach

One of the major strengths of the patent-pending approach is its multi-formulation design. Through the simultaneous intervention of inflammation, individual energy metabolism, cognitive execution, structural integrity, and intestinal health, the protocol captures the multifactorial nature of athletic changes. A time-phased dosing plan also resonates with periodization principles used in training. Nevertheless, constraints should be taken into consideration. Whereas single elements are backed by scientific data, the overall impact of the entire protocol has not been tested in large-scale, controlled clinical trials. Interindividual variation in response to supplementation should also be considered. Therefore, the suggested approach cannot be considered scientifically plausible, but rather conclusively proven. Further research must focus on controlled intervention research to determine the most appropriate dose, interaction effects, and response of the population.

Conclusion

The patented formulations and treatment procedure discussed in this white paper are based on the accepted principles of exercise physiology and nutrition science. The biological plausibility of the individual components and their applicability to important processes operating within the athletic performance and recovery domain is supported by existing evidence. The integrated and periodized strategy is a reasonable direction in terms of helping athletes under the influence of prolonged training stress, although it still needs further empirical confirmation. Future studies ought to have controlled trials that can assess the effectiveness of the entire protocol in other athletic groups. Scientifically, the suggested approach offers a systemic approach that brings nutritional services in line with the dynamic and highly complex needs of high-performance sport.

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