Effects of caffeinated gum on a battery of soccer-specific tests in trained university-standard male soccer players

RANCHORDAS, Mayur <http://orcid.org/0000-0001-7995-9115>, KING, George, RUSSELL, Mitchell, LYNN, Anthony and RUSSELL, Mark

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FIGURE 1. (A) Total distance covered on the Yo-Yo intermittent recovery test level 1 (n = 10). Data are expressed in as mean ± SD. * Caffeine significantly higher than placebo (p = 0.016). (B) Individual participant data on percentage improvement after caffeine ingestion. Dotted line represents no change.