

Scientific News

Nestlé Research Collaborates with Leading Sports Nutrition Institutes to Study Body Composition

Lausanne, SWITZERLAND 17 March 2010 – The Nestlé Research Center, Lausanne, Switzerland, announces a major collaboration with some of the world's leading institutes in physical performance and sports nutrition research. Scientists from RMIT University, Melbourne, Australia; McMaster University, Hamilton, Canada; and the Australian Institute of Sport, Canberra, Australia; in collaboration with Nestlé Research scientists will launch a major investigation on the synergistic effect of nutrition and exercise to positively impact the quality and quantity of muscle mass, in both young and ageing adults.

The collaboration, supported by a linkage grant from the Australian Research Council (ARC), entails several comprehensive clinical trials assessing optimal protein and exercise regimes for maintaining skeletal muscle in healthy adults in conditions of negative energy balance (e.g weight loss), and also for preventing the accentuated muscle loss that typically occurs during ageing. Maintaining an optimal body composition (including adequate muscle mass) throughout the lifespan can greatly enhance general physical performance and the overall quality of life.

Besides the strength of these clinical trials and their potential outcomes, this collaboration represents four robust research institutions from around the world combining their unique expertise for a truly complementary and synergistic partnership. Each institution brings individual competencies and perspectives – without which would render the full scope of this research impossible.

“The cutting-edge research methodologies that will be used in these human clinical trials can only be done in select places in the world,” said Dr. Trent Stellingwerff, Nestlé Research scientist involved in the project. “And with each partner bringing different expertise to the collaboration, this advantage allowed us not only to earn the ARC grant, but also to anticipate collecting novel data from these collaborative studies.”

The results of these studies will be highly relevant for Nestlé to provide functional approaches for consumers that help maintain muscle mass and strength during periods of risk such as weight loss and ageing.



Good Food, Good Life

About Nestlé Science & Research

Nestlé Science & Research, encompassing the Nestlé Research Center and its extensive network of external alliances, is a leading research entity in food, nutrition and life sciences. Based on Nestlé's research emphasis, Nestlé Science & Research builds strategic alliances with the best scientific institutions in the world to bring a full breadth of knowledge to its nutrition, health and wellness research. A diverse staff of premier researchers from a broad range of scientific competencies together with external collaborators worldwide are central to fulfilling Nestlé's vision of *Good Food, Good Life*. For more information about Nestlé Science & Research, please visit: www.research.nestle.com.

About RMIT University

RMIT University is one of Australia's original and leading educational institutions, with a worldwide reputation for excellence in professional and vocational education and research. Located in Melbourne, Australia, RMIT is one of Australia's largest universities and is internationally recognized for its applied research focus and technology training. For more information about RMIT, please visit: www.rmit.edu.au/.

About McMaster University

Established in 1887, McMaster University is one of the world's top 100 universities (Shanghai Jiao Tong University ranking of world universities). With a vision of inspiring innovation, McMaster University aims to help facilitate discovery, communication and the preservation of knowledge. Located in Hamilton, Ontario, Canada, the university ranks first in the country in research intensity. For more information about McMaster University, please visit: www.mcmaster.ca.

About the Australian Institute of Sport

The Australian Institute of Sport (AIS) is Australia's premiere sports training institute, endeavouring to enrich the lives of Australians through sports. The AIS is an internationally-acclaimed centre of sports excellence for the training and development of high performance athletes and teams. The AIS gives athletes access to expert coaching, world-leading sports science and sports medicine services, state-of-the-art sports facilities and opportunities for travel, work and study. For more information about the Australian Institute of Sport, please visit: www.aisport.gov.au/ais.

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