N=23

- Screening visit
- 3-day standardization

N=10

EXP group

N=10

Control group

N=10 completers

- Study visit
- Follow-up calls

1-leg exercise, T= -15min

Product intake, T= 0

Prime-continuous IV $[^{13}C_6]-$phenylalanine isotope infusion

T= -225min -45min 240min

- Blood samples (16x)

- Muscle biopsy (Rest)

- 2 muscle biopsies (Rest/Exercise)