

Description of Additional Supplementary Information Files

Supplementary Movie 1. Carnosine ppm recovery after moderate/intense exercise. Recovery of the C2-H and C4-H protons back to baseline is seen in the above figure. After moderate/intense exercise, the first timepoint (t=0) measures the C2-H proton to be at 8.3 ppm. With a 22 second resolution time, the spectra return back to baseline after 7 minutes. The entire scan consisted of 40 acquisitions for ~15 minutes.