Research subjects needed for study to determine the effects of dietary nitrate (from beet juice) on muscle speed and power.

Study Eligibility:
- Healthy men, between 65 and 79 years old
- Able to perform exercise testing using knee joint
- Not regularly taking medications for acid reflux or indigestion
- No history of cardiovascular or neuromuscular disease (arthritis ok)
- Blood pressure must be below 140/90
- Non-smoker; No diabetes
- No thyroid, heart, kidney, or liver disease

Study Involves:
- Completing a screening visit (5 hours)
- Drinking beet root juice daily for two 2 week periods (4 weeks total)
- Having strength of thigh muscles tested
- 6 weekly visits (Four 5 hour & Two 1 hour visits)
- Giving blood samples
- Completing tests measuring walking speed, strength, and bone density

You will receive:
- Financial compensation for your time and effort [up to $1000]

All study visits will take place at the Indiana University Health - University Hospital, 550 University Boulevard, Indianapolis. Parking and meals provided. You will not be charged for the laboratory tests or physical exam.

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