

PREVIEW_ Prof. Tim Noakes - Why I Supported High Carb (SA 2015) 3

Prof. Noakes: And so I was involved with this great runner, Bruce Fordyce who won nine Comrades Marathons. And we developed a product as I will show you. And this is what he said, "It's not possible for me to run my best in a long distance race "without ingesting a high carbohydrate drink, especially for the last few hours of the race."

And fortunately he was a sponsored athlete, so maybe that influenced his comments. And I'm going to show you Bruce again in a few years time. And this was the product we produced - Leppin FRN. So Leppin FRN... Leppin sports... "F" for Fordyce, "R" for Rose and "N" for Noakes is the original carbohydrate syrup/gel product available to endurance athletes."

So yeah, we were thinking we were leading the world, which we were, producing this product and Bruce was endorsing it... And guess what - I was accepting money to do this research, for my research laboratories, not for me, personally. So we were funded, so we had a conflict of interests, which I've never understood, absolutely never understood.

But it's no way when you're receiving money to produce a carbohydrate product which uses your name on it, are you going to say, "Carbohydrates are not good for you." It's not going to happen.