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Getting better with Bengs Perform?

Bengs Perform

Sometimes you see a product and you get curious. What would this product do for me? This happened to me with Bengs Perform. Bengs Perform is resonant water, without any further additions, except for added information. Bengs Perform provides support for mental or physical activities. So, I became curious what it would do for my physical activities. I measure a lot of my performance and recovery, so curious as I was, I started trying it out.

In June, I had already used Bengs Perform a few times (just 9 drops in a 750 ml water bottle) and I felt that I cycled better and, in particular, that I had a better recovery. But how reliable is your feeling and how big is the placebo effect? I am rather down-to-earth in this area, because being a STEM person, I am always looking for the 'proof' that something works and why. How it works and why cannot be proven with what we know now, as Bengs itself also points out. So I decided to test it more extensively and see if there was a connection somewhere. I have found that something changes — without having an answer as to why ;-). And since the Opfietsen is about everything that makes training more fun, I want to share my findings with you.

How was it tested?

During my vacation in Tuscany I was able to bicycle a lot. Always a little more effort than usual, because there isn't one flat piece. As a reference, I chose a climb that I would use each time as a test climb, to compare times and power. Yes, I was aiming for more power. After all, we often want to ride harder, easier or further....

I had a dose of Bengs Perform with me for 3 rides, so I decided to do 6 similar rides. These always included the same reference climb. I did not use Bengs on three climbs and on three climbs I did use Bengs. Each time my wife did or did not add Bengs to my water bottle, so I did not know if I was using Bengs.

The rides were obviously not completely identical, but similar enough in my opinion.

The analysis of the rides

As said 6 rides, 3 with Bengs and 3 without. I recorded the time on each climb and the average power over 20 minutes (FTP). In addition, I analyzed my recovery with the help of the Garmin Body Battery. Before each ride, I drank the entire 750 ml bottle of water with or without nine drops of Bengs Perform. This way I could immediately benefit from the water, either from the hydration and/or from Bengs Perform. I often drink a bottle of water just before the start when the weather is warmer or the ride is a bit longer, so I am immediately hydrated.

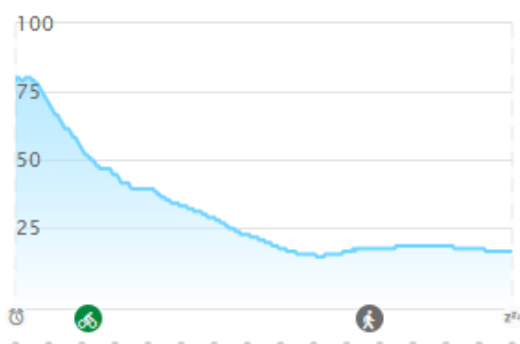
RIDE	CLIMBING TIME	WATTS/20 MIN	RECOVERY FEELING	RECOVERY ACCORDING TO GARMIN
1	8:51 (4)	298 (3)	+++	+++
2	9:20 (6)	281 (4)	+	++
3	9:07 (5)	280 (5)	+	+
4	8:35 (3)	276 (6)	+++	++
5	8:04 (1)	300 (1)	+++	+++
6	8:19 (2)	297 (2)	+++	+++

Overview rides

The table above shows the rides in order and the corresponding data. You can see that ride 5 went very well and the recovery was also very good, both instinctively and according to the Garmin Body Battery.

BODY BATTERY

15 juli 2021

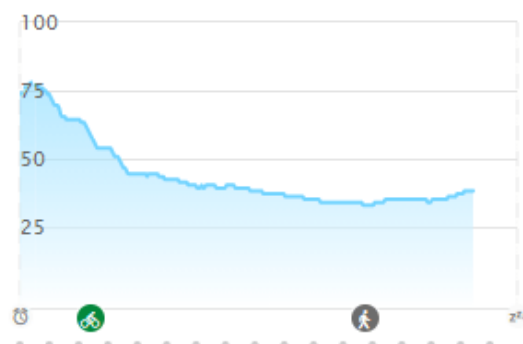


● Body Battery - - - Estimated



BODY BATTERY

23 juli 2021



● Body Battery - - - Estimated

The above Garmin Body Battery graphs shows that in both activities the Garmin Body Battery was approximately at 75%, but that after the bicycle activity on July 15th, the recovery took a lot of energy and the graph continues to drop. While in the second case, on July 23rd, after the cycling activity the graph drops much slower. This is the difference between moderate recovery and very good recovery.





Based on the information (data), I would say that rides 4, 5 and 6 were the best rides based on the best time. However if I look at the maximum average power at 20 minutes, rides 1, 5 and 6 are the best. Rides 1, 4, 5, 6 are the best in terms of recovery based on feel, but the Garmin Body Battery indicates recovery is best at 1, 5 and 6.

In summary: Rides 1, 5 and 6 then stand out tremendously with better power and better recovery, followed by ride 4. Up to this point, I did not know which rides I had ridden with Bengs Perform.

Which rides were ridden with Bengs?

Then comes the most important question; which rides did I actually ride with Bengs Perform and does that match what I measured?

After delivering these numbers, I received the rides that I have cycled with Bengs Perform. I was curious about when I used Bengs Perform. As far as I was concerned this rides 1, 5 and 6 were the best rides with ride 4 coming in second best.

It turned out that I used Bengs Perform on the rides 1, 5 and 6. Now that's spot-on!

Conclusion

Based on the numbers, the times I used Bengs Perform show a 10% improvement in average power for 20 minutes. But, perhaps more importantly and often underestimated, especially my recovery was much better. [Zoetemelk](#) (Famous Dutch cyclist in the seventies, Ed.) already said it: "The Tour de France is won in bed". Besides the numbers, for me the feeling was also very important. And that turned out to be extremely good every time after a ride in which I had taken Bengs.

It also corresponds to the way I felt when taking Bengs Perform before the test - the times I bicycled taking Bengs Perform I found that I especially recovered better and just felt better after a ride. But then these feelings remain a bit vague to me and I wonder if I am imagining things... Now I really have the proof. Being blindly tested and measured now I know that I really have a better recovery.

I have become very enthusiastic. That I recover much better and feel much better is a fact for me. So Bengs Perform will now go in my water bottle during longer rides.

Curious, also want to try Bengs Perform?

Are you going to ride The Ride or Tour for Life or other big rides? Then recovery is essential and feeling comfortable after a ride is extremely important. [Try it yourself](#). I will be curious to learn about your experiences. [Leave a comment](#) what your experiences are.



Means used

To properly assess all results, I used the following tools for processing the results in this article:

- Garmin Vector power pedals
- Xertonline.com Training on power
- Trainingpeaks Analyze and plan workouts
- Garmin connect Analyze training and fitness
- Garmin Vivoactive4 with Body Battery measurement