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Apr 03, 2012 · 5 Things You Need to Know About **Lactic Acid** in **Muscles** Last Updated: Apr 03, 2012 | By Livestrong Contributor. ... The **Effects** of Drinking ...

[Muscle Fatigue & Soreness from Lactic Acid | LIVESTRONG.COM](#)

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Nov 20, 2013 · ... view **lactic acid** as a waste product that causes fatigue and **muscle** soreness. However, while **lactic acid** production often accompanies fatigue, ...

[Why does lactic acid build up in muscles? And why does it ...](#)

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Why does **lactic acid** build up in **muscles**? ... A side **effect** of high **lactate** levels is an increase ... **lactic acid** buildup is not responsible for the **muscle** soreness ...

[Edexcel GCSE PE - 1.2.4 - Muscles - Mc-ed.com](#)

[www.mc-ed.com/124muscles.htm](#)

... **Muscles** - **GCSE** revision site for ... **Effects** of exercise on the ... **lactic acid** builds up in the **muscles**. As **muscles** tire **lactic acid** builds up more quickly ...

[Lactic Acid Buildup in Muscles - Buzzle](#)

[www.buzzle.com/articles/lactic-acid-build-up-in-muscles.html](#)

... but also cause soreness in **muscles**. Another **effect** of **lactic acid** buildup in **muscles** is **lactic** acidosis.

[effects of lactic acid flashcards | Quizlet](#)

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... / → **lactic acid** is produced, **muscle** pain/ stiffness/ → **lactic acid** causes, ... **effects** of **lactic acid** ... 5 terms · **GCSE** PE

[GCSE PE Revision - Effects of Exercise - TeachPE.com](#)

[www.teachpe.com/gcse_health/exercise_effects.php](#)

GCSE Revision - **Effects** of Exercise: ... The **muscles** start to produce more CO2 as they work harder ... such as Carbon Dioxide and **lactic acid**.

[BBC - GCSE Bitesize: Anaerobic respiration](#)

[www.bbc.co.uk/schools/gcsebitesize/science/add_aqa/respiration/...](#)

A secondary school revision resource for AQA Additional **GCSE** Science about Aerobic and anaerobic ... The **lactic acid** is removed from the **muscles** by blood flowing ...

[Effects of exercise on muscles - IvyRose Holistic](#)

[www.ivy-rose.co.uk/HumanBody/Muscles/Effects-of-exercise-on...](#)

The **effects** of exercise **on muscles** depend on the type of exercise ... **on muscles** is important for courses such as **GCSE** ... glycogen to **lactic acid**.

[GCSE The effect of temperature on insect respiration rates ...](#)

[www.markedbyteachers.com/gcse/science/the-effect-of-temperature-on...](#)

The **effect** of temperature on insect respiration rates ... of **lactic acid** in its **muscles**. When oxygen is not present ... **GCSE** Student. * Markedbyteachers.com ...

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