

## TEXAS AMERICAN COLLEGE OF SPORTS MEDICINE 2009 CONFERENCE

**The Effects of a proprietary fenugreek extract on Strength & Body Composition**

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*Int J Exerc Sci* 2(1): S21, 2009. Fenugreek extract has been marketed in dozens of dietary products as having performance enhancing potential for resistance trained athletes. **PURPOSE:** The purpose of this study was to investigate the potential performance enhancing effects of a proprietary fenugreek extract in conjunction with a controlled resistance training program. **METHODS:** Thirty resistance trained male subjects were matched according to fat free mass and randomly assigned to ingest in a double-blind manner capsules containing 500mg of a placebo or fenugreek (*Trigonella Foenun greacum*) once per day for 8-weeks (Active: N = 17, 21 ± 2.8 yrs, 178 ± 5.8 cm, 85 ± 9.6 kg, 18.8 ± 4.8 BF%; Placebo: N = 13, 21 ± 3 yrs, 180 ± 6.4 cm, 84 ± 15 kg, 18.3 ± 6.8 BF%). Subjects were instructed to participate in a periodized 4-day per week resistance-training program split into two upper and two lower extremity workouts per week for a total of 8-weeks. Body composition was analyzed using hydrodensitometry and strength tests involved performing a one repetition max (1RM) on the isotonic bench press and leg press. Statistical analyses utilized a two-way ANOVA with repeated measures for all criterion variables ( $p < 0.05$ ). **RESULTS:** A significant ( $p < 0.05$ ) group x time interaction for body composition was observed indicating the Active (-1.8 ± 0.5 BF%) group decreased body fat percentage in comparison to Placebo (-0.05 ± 0.3 BF%) over the 8-week investigation period. In addition, there was a significant ( $p < 0.05$ ) main effect for time over the eight week period in lean muscle mass (Active: 2.4 ± 0.1 kg; Placebo: 1.0 ± 0.1 kg). No significant effects for group or time were observed for upper or lower body strength ( $p > 0.05$ ). **CONCLUSION:** In addition to a controlled resistance training program fenugreek had a significant impact on body composition in comparison to placebo. This study was funded by Indus Biotech.

