

Poster presentation

## Effects of Torabolic supplementation on strength and body composition during an 8-week resistance training program

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### Background

Torabolic is a highly purified unique molecule extracted from Fenugreek (*Trigonella Foenun greacum*) seeds. Torabolic is a proprietary patent pending molecule of Indus Biotech. The purpose of this study was to evaluate the effects of Torabolic supplementation on strength and body composition.

### Methods

49 Resistance trained men were matched according to fat free mass and randomly assigned to ingest in a double blind manner capsules containing 500 mg of a placebo (N = 23, 20 ± 1.9 years, 178 ± 6.3 cm, 85 ± 12.7 kg, 17 ± 5.6 %BF) or TORABOLIC (N = 26, 21 ± 2.8 years, 178 ± 6 cm, 90 ± 18.2 kg, 19.3 ± 8.4 %BF). Subjects participated in a supervised 4-day per week periodized resistance-training program split into two upper and two lower extremity workouts per week for a total of 8-weeks. At 0, 4, and 8-weeks, subjects underwent hydrodensitometry body composition, 1 RM strength, muscle endurance, and anaerobic capacity determined. Data were analyzed using repeated measures ANOVA and are presented as mean ± SD changes from baseline after 60-days.

### Results

No significant differences ( $p > 0.05$ ) between groups were noted for training volume. Significant group × time inter-

action effects were observed among groups in changes in body fat (TOR:  $-2.3 \pm 1.4\%BF$ ; PL:  $-0.39 \pm 1.6\%BF$ ,  $p < 0.001$ ), leg press 1 RM (TOR:  $84.6 \pm 36.2$  kg; PL:  $48 \pm 29.5$  kg,  $p < 0.001$ ), and bench press 1 RM (TOR:  $9.1 \pm 6.9$  kg; PL:  $4.3 \pm 5.6$  kg,  $p = 0.01$ ). No significant interaction was observed among groups for Wingate power analysis ( $p = 0.95$ ) or muscular endurance on bench press ( $p = 0.87$ ) or leg press ( $p = 0.61$ ). In addition there were no changes among groups in any clinical safety data including lipid panel, liver function, kidney function, and/or CBC panel ( $p > 0.05$ ).

### Conclusion

It is concluded that 500 mg of Torabolic supplementation had a significant impact on both upper- and lower body strength and body composition in comparison to placebo in a double blind controlled trial. These changes were obtained with no clinical side effects. We conclude that in addition to a structured resistance training program, Torabolic can significantly increase strength and muscle mass.

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