

Poster presentation

Effects of TESTOSURGE supplementation on strength, body composition and hormonal profiles during an 8-week resistance training program

Chris Poole¹, Brandon Bushey¹, Earnest Pena¹, Eric Constancio¹, Tyler Jones¹, Fanny Dufour¹, Natalie Ervin¹, Brittany Clemens¹, Darryn Willoughby², Richard Kreider³, Cliffa Foster¹, Lem Taylor¹ and Colin Wilborn*¹

Address: ¹University of Mary Hardin-Baylor, Human Performance Lab, Belton, TX 76513, USA, ²Baylor University, Exercise and Biochemical Nutrition Lab, Waco, TX, USA and ³Texas A&M University, Exercise and Sport Nutrition Lab, College Station, TX, USA

Email: Colin Wilborn* - cwilborn@umhb.edu

* Corresponding author

from 2009 International Society of Sports Nutrition Conference and Expo
New Orleans, LA, USA. 14–15 June 2009

Published: 31 July 2009

Journal of the International Society of Sports Nutrition 2009, **6**(Suppl 1):P12 doi:10.1186/1550-2783-6-S1-P12

This abstract is available from: <http://www.jissn.com/content/6/S1/P12>

© 2009 Poole et al; licensee BioMed Central Ltd.

Background

TESTOSURGE is a novel, proprietary substance extracted from Fenugreek (*Trigonella Foenun greacum*) seeds and is patent pending by INDUS BIOTECH. The purpose of this study was to determine the effects of TESTOSURGE supplementation on strength, body composition and hormonal profiles.

Methods

30 resistance trained males completed all phases of the study. Subjects were matched according to total body weight and randomly assigned in a double-blind manner to ingest either 500 mg of a placebo (N = 13, 21 ± 3 yrs, 180 ± 6.4 cm, 84 ± 15 kg, 18.3 ± 6.8 BF%) or TESTOSURGE (N = 17, 21 ± 2.8 yrs, 178 ± 5.8 cm, 85 ± 9.6 kg, 18.8 ± 4.8 BF%) once per day for eight weeks. Subjects participated in a supervised, 4-day per week periodized resistance training program consisting of two upper extremity and two lower extremity workouts per week for a total of 8 weeks. At weeks 0, 4 and 8, hydrodensitometry body composition, 1 RM bench press and leg press, muscular endurance, anaerobic power and hormonal profiles were assessed. Statistical analyses utilized a two-way ANOVA with repeated measures for all criterion variables

($p \leq 0.05$). Data are presented as mean ± SD changes from baseline values.

Results

Significant group × time interaction effects occurred over the eight week period for body fat percentage (TES: -1.77 ± 1.52%, PL: -0.55 ± 1.72%; $p = 0.048$), total testosterone (TES: 0.97 ± 2.67 ng/ml, PL: -2.10 ± 3.75 ng/ml; $p = 0.018$) and bioavailable testosterone (TES: 1.32 ± 3.45 ng/ml, PL: -1.69 ± 3.94 ng/ml; $p = 0.049$). A significant main effect for time ($p \leq 0.05$) was noted for bench press 1 RM, leg press 1 RM and lean body mass. No significant changes were detected among groups for Wingate peak or mean power, total body weight, free testosterone, dihydrotestosterone, estrogen, hemodynamic variables, or 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 daily TESTOSURGE supplementation significantly impacted body fat percentage, total testosterone and bioavailable testosterone when compared to a placebo in a double-blind fashion. These changes were attained without any clinical side effects. We conclude that combined with a structured resistance train-

ing program, TESTOSURGE can significantly improve body composition and increase the anabolic hormonal status in resistance trained males over an 8 week period.

Acknowledgements

This study was sponsored by INDUS BIOTECH.

Publish with **BioMed Central** and every scientist can read your work free of charge

"BioMed Central will be the most significant development for disseminating the results of biomedical research in our lifetime."

Sir Paul Nurse, Cancer Research UK

Your research papers will be:

- available free of charge to the entire biomedical community
- peer reviewed and published immediately upon acceptance
- cited in PubMed and archived on PubMed Central
- yours — you keep the copyright

Submit your manuscript here:
http://www.biomedcentral.com/info/publishing_adv.asp

