# Capsaicinoids effect on appetite response

Submission date	Recruitment status  No longer recruiting	<ul><li>Prospectively registered</li></ul>		
16/12/2016		☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
24/01/2017	Completed	[X] Results		
<b>Last Edited</b> 31/07/2018	Condition category	[] Individual participant data		
31/0///018	Nutritional Metabolic Endocrine			

## Plain English summary of protocol

Background and study aims

Obesity is a growing problem worldwide, which puts people at risk of developing serious health problems such as diabetes and heart disease. Capsaicinoids are compounds which are found in peppers. The most common of which is capsicum, which is an important component of chili peppers. Studies have shown that consuming capsaicinoids may help boost metabolism, which could help people to lose weight. The aim of this study is to look at the effects on the body of taking capsaicinoid-containing supplements for a week with breakfast.

Who can participate?

Adults aged between 19 and 51 years who are overweight or obese.

What does the study involve?

All participants are given 100 mg Capsimax (which contains capsaicinoids) to take by mouth with their breakfast meal every day for one week. On the first and seventh day of the study, participants complete surveys in order to assess their lifestyle and appetite. In addition, their heart rate and blood pressure are also recorded.

What are the possible benefits and risks of participating? There are no direct benefits or risked involved with participating.

Where is the study run from? OmniActive Health Technologies Ltd. (India)

When is the study starting and how long is it expected to run for? October 2016 to December 2018

Who is funding the study? The University of Tampa (USA)

Who is the main contact?

- 1. Dr Vijaya Juturu (scientific)
- 2. Dr Jacob Wilson (scientific)

# Contact information

#### Type(s)

Scientific

#### Contact name

Dr Vijaya Juturu

#### **ORCID ID**

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#### Contact details

OmniActive Health Technologies Inc. 67 East Park Place Suite 500 Morristown United States of America 07960

## Type(s)

Scientific

#### Contact name

Dr Jacob Wilson

#### Contact details

The University of Tampa's exercise physiology laboratories Human Performance Laboratories Tampa United States of America FL 33606

## Additional identifiers

#### Protocol serial number

CAPOL001 2015

# Study information

#### Scientific Title

Capsaicinoids reduces appetite response: an open label study in free living population

### **Study objectives**

The aim of this study is to examine the effects of capsaicinoids (CAPs) supplementation for a week on resting heart rate, diastolic and systolic blood pressure, willingness to exercise, duration and intensity of exercise, and appetite.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

VJ University of Tampa, 10/06/2015, ref: 13-07

### Study design

Non-randomised study

### Primary study design

Interventional

## Study type(s)

Prevention

### Health condition(s) or problem(s) studied

Capsaicinoids supplementation

#### **Interventions**

Following provision of informed consent, all participants are given 100 mg Capsimax (which contains 2 mg capsaicinoids) to take with their breakfast meal for 7 days.

On the first day of the study period, participants complete pre and general surveys on their life style, appetite measures as well as having their resting heart rate and blood pressure measurements recorded. On the final day (day 7), participants complete post survey questionnaires and have their resting heart rate and blood pressure recorded.

#### Intervention Type

Supplement

### Primary outcome(s)

- 1. Appetite is measured using VAS questionnaires and subjective questionnaires at baseline and 7 days
- 2. Exercise habits are measured using surveys designed for the purpose of this study at baseline and 7 days

## Key secondary outcome(s))

- 1. Resting heart rate is measured manually by researchers at baseline and 7 days
- 2. Diastolic and systolic blood pressure is measured using a sphygmomanometer at baseline and 7 days

# Completion date

06/08/2015

# Eligibility

### Key inclusion criteria

- 1. Aged between 19-51 years
- 2. BMI of less than 40kg/m2
- 3. Provision of written informed consent

## Participant type(s)

Healthy volunteer

## Healthy volunteers allowed

No

#### Age group

Adult

#### Sex

All

### Key exclusion criteria

- 1. Chronic disease/condition
- 2. Pregnancy or lactation
- 3. No dietary supplement consumption

#### Date of first enrolment

15/06/2015

#### Date of final enrolment

30/07/2015

## Locations

### Countries of recruitment

United States of America

# Study participating centre

## The University of Tampa

Department of Health Sciences and Human Performance 401 W. Kennedy Blvd. Tampa United States of America 33606-1490

# Sponsor information

#### Organisation

OmniActive Health Technologies Ltd.

#### **ROR**

https://ror.org/03fxrgb29

# Funder(s)

## Funder type

Industry

#### Funder Name

**OmniActive Health Technologies** 

## Alternative Name(s)

## **Funding Body Type**

Private sector organisation

## Funding Body Subtype

For-profit companies (industry)

#### Location

United States of America

# **Results and Publications**

## Individual participant data (IPD) sharing plan

The datasets generated and/or analysed during the current study during this study will be included in the subsequent results publication.

## IPD sharing plan summary

Other

## **Study outputs**

Output type	<b>Details</b> results	Date created Date added Peer reviewed? Patient-facing?			
Results article		09/02/2017		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes