

# Resistance training and leucine supplementation : effects on performance and body composition of untrained subjects.

**Submission date**  
30/09/2005

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
30/09/2005

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
23/08/2012

**Condition category**  
Nutritional, Metabolic, Endocrine

☐ Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

### Protocol serial number

N0436146689

## Study information

Scientific Title

**Study objectives**

To investigate whether long-term leucine supplementation in combination with resistance training can induce higher increases in strength and muscle mass of untrained subjects compared to a placebo group undertaking resistance training only.

To investigate potential decreases in muscle mass after four weeks following the end of the supplementation period

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Randomised placebo controlled trial

**Primary study design**

Interventional

**Study type(s)**

Other

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

Nutritional, Metabolic, Endocrine: Leucine supplementation

**Interventions**

Randomised controlled trial

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Bone density

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

01/09/2004

**Eligibility****Key inclusion criteria**

Healthy male subjects

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

Male

**Key exclusion criteria**

1. Athletes or trained subjects
2. Having diabetes
3. Heart disease
4. High blood pressure or any other chronic or serious illness
5. Having taken anabolic steroids or any other sports supplements at least 2 months before the beginning of the study

**Date of first enrolment**

01/12/2003

**Date of final enrolment**

01/09/2004

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

School of leisure and sports studies

Leeds

United Kingdom

LS1 3HE

**Sponsor information****Organisation**

Department of Health

**Funder(s)**

**Funder type**

Government

**Funder Name**

Leeds Teaching Hospitals NHS Trust (UK)

**Funder Name**

NHS R&D Support Funding

## Results and Publications

**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/03/2011		Yes	No