

# 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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

### Secondary study design

Randomised controlled trial

### Study setting(s)

Other

### Study type(s)

Other

## Participant information sheet

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

Nutritional, Metabolic, Endocrine: Leucine supplementation

### Interventions

Randomised controlled trial

### Intervention Type

Other

### Phase

Not Specified

### Primary outcome measure

Bone density

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

01/12/2003

**Completion date**

01/09/2004

## Eligibility

**Key inclusion criteria**

Healthy male subjects

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Male

**Target number of participants**

30 male volunteers

**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**

England

United Kingdom

**Study participating centre**

**School of leisure and sports studies**  
Leeds  
United Kingdom  
LS1 3HE

## **Sponsor information**

### **Organisation**

Department of Health

### **Sponsor details**

Richmond House  
79 Whitehall  
London  
United Kingdom  
SW1A 2NL  
+44 (0)20 7307 2622  
dhmail@doh.gsi.org.uk

### **Sponsor type**

Government

### **Website**

<http://www.dh.gov.uk/Home/fs/en>

## **Funder(s)**

### **Funder type**

Government

### **Funder Name**

Leeds Teaching Hospitals NHS Trust (UK)

### **Funder Name**

NHS R&D Support Funding

## **Results and Publications**

### **Publication and dissemination plan**

Not provided at time of registration

**Intention to publish date**

**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