

Oral hydroxycitric acid (HCA) supplementation enhances glycogen synthesis in exercised human skeletal 1 muscle

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Registration date 21/01/2011	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 21/01/2011	Condition category Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

IRB951222

Study information

Scientific Title

Oral hydroxycitric acid (HCA) supplementation enhances glycogen synthesis in exercised human skeletal 1 muscle: a randomised placebo-controlled cross-over trial

Acronym

HCA, GLUT4, FAT/CD36

Study objectives

In this study, we tested the hypothesis that oral hydroxycitric acid (HCA) supplementation might increase muscle glycogen stores and increase insulin sensitivity after exercise in humans, based on the evidence from mice studies.

Ethics approval required

Old ethics approval format

Ethics approval(s)

National Taiwan Sport University Ethics Committee approved on the 12th December 2006

Study design

Randomised placebo controlled crossover trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Glycogen synthesis in human skeletal muscle

Interventions

Since we aimed to determine the HCA effect on recovery, HCA and placebo meals were provided to the subjects immediately after exercise. HCA trial provided a meal containing 70% carbohydrate content with 500 mg HCA in half litre of drinking water for a 3-hour recovery, whereas the placebo trial (placebo, eight comparisons) provided a diet containing 70% carbohydrate content plus same volume of drinking water. In particular, carbohydrate meal contained 2 g carbohydrate per kilogram of body weight. The decision for HCA dosage was based on previous human report which demonstrated positive ergogenic effect on endurance performance.

Subjects performed a 60-mins cycling at 75% VO₂max. Muscle biopsy samples, blood samples and gaseous samples were obtained immediately after exercise and during 3 hours after exercise.

Intervention Type

Drug

Phase

Not Applicable

Drug/device/biological/vaccine name(s)

Hydroxycitric acid

Primary outcome(s)

Glycogen assay. Approximately 25 mg of skeletal muscle from the deep portion of the vastus lateralis was dissolved in 1 N KOH at 75°C for 30 minutes. Dissolved homogenate was

neutralised by glacial acetic acid and incubated overnight in acetate buffer (0.3 M sodium acetate, pH to 4.8) containing amyloglucosidase (Boehringer Mannheim, Indianapolis, IN). The reaction mixture was neutralised with 1 N NaOH. Samples were then analysed by measuring glucosyl units by the Trinder reaction (Sigma, St. Louis, MO).

Key secondary outcome(s)

Molecular expressions of GLUT4, FAT/CD36, measured with reverse transcription-polymerase chain reaction (RT-PCR) and western blotting

Completion date

30/04/2007

Eligibility

Key inclusion criteria

1. Healthy male volunteers
2. Aged 22.0 +/- 0.3 years
3. Height 171.3 +/- 0.7 cm
4. Weight 73.7 +/- 1.1 kg
5. Body mass index (BMI) 25.2 +/- 0.5 kg/m²
6. Ventilatory equivalent for oxygen (VEO₂) 108
7. Peak 45.7 +/- 1.5 ml/kg/min

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

Male

Key exclusion criteria

Male volunteer's VO₂max less than 30 ml/kg/min

Date of first enrolment

01/08/2006

Date of final enrolment

30/04/2007

Locations

Countries of recruitment

Taiwan

Study participating centre
140, Ming Sheng Road
Taichung City
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Sponsor information

Organisation
National Science Council (Taiwan)

ROR
<https://ror.org/02kv4zf79>

Funder(s)

Funder type
Government

Funder Name
National Science Council (Taiwan) (ref: NSC 97-2140-H-166-007-MY2)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration