ISRCTN31209884 https://doi.org/10.1186/ISRCTN31209884

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

Submission date	Recruitment status	[_] Prospectively registered
30/09/2005	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
30/09/2005	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
23/08/2012	Nutritional, Metabolic, Endocrine	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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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

Primary study design
Interventional

Study design
Randomised placebo controlled trial

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?
Results article	results	01/03/2011		Yes	No