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Effects of Torabolic supplementation on strength and body composition during an 8-week resistance training program

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Background

Torabolic is a highly purified unique molecule extracted from Fenugreek (*Trigonella Foenun greacum*) seeds. Torabolic is a proprietary patent pending molecule of Indus Biotech. The purpose of this study was to evaluate the effects of Torabolic supplementation on strength and body composition.

Methods

49 Resistance trained men were matched according to fat free mass and randomly assigned to ingest in a double blind manner capsules containing 500 mg of a placebo (N = 23, 20 ± 1.9 years, 178 ± 6.3 cm, 85 ± 12.7 kg, 17 ± 5.6 %BF) or TORABOLIC (N = 26, 21 ± 2.8 years, 178 ± 6 cm, 90 ± 18.2 kg, 19.3 ± 8.4 %BF). Subjects participated in a supervised 4-day per week periodized resistance-training program split into two upper and two lower extremity workouts per week for a total of 8-weeks. At 0, 4, and 8-weeks, subjects underwent hydrodensiometery body composition, 1 RM strength, muscle endurance, and anaerobic capacity determined. Data were analyzed using repeated measures ANOVA and are presented as mean ± SD changes from baseline after 60-days.

Results

No significant differences ($p > 0.05$) between groups were noted for training volume. Significant group × time interaction effects were observed among groups in changes in body fat (TOR: -2.3 ± 1.4%BF; PL: -0.39 ± 1.6 %BF, $p < 0.001$), leg press 1 RM (TOR: 84.6 ± 36.2 kg; PL: 48 ± 29.5 kg, $p < 0.001$), and bench press 1 RM (TOR: 9.1 ± 6.9 kg; PL: 4.3 ± 5.6 kg, $p = 0.01$). No significant interaction was observed among groups for Wingate power analysis ($p = 0.95$) or muscular endurance on bench press ($p = 0.87$) or leg press ($p = 0.61$). In addition there were no changes among groups in any clinical safety data including lipid panel, liver function, kidney function, and/or CBC panel ($p > 0.05$).

Conclusion

It is concluded that 500 mg of Torabolic supplementation had a significant impact on both upper- and lower body strength and body composition in comparison to placebo in a double blind controlled trial. These changes were obtained with no clinical side effects. We conclude that in addition to a structured resistance training program, Torabolic can significantly increase strength and muscle mass.

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