

# Testofen Strength 2020

## Journal

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## Article

*Testofen® (Fenugreek extract) increases strength and muscle mass compared to placebo in response to calisthenics. A randomized control trial*

## Authors

Amanda Rao, Alistair Mallard, Ross Grant

## Key Words

- Body composition; ergogenic aid, Fenugreek; functional threshold power; nutraceutical; resistance training; strength

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## Summary / Key Points

*Are you looking to rapidly improve your workout capacity?  
Do you wish to bolster your training regime?*

Fenugreek extract has been shown to help exercise performance and body composition in males

**See deets below**

Athletes are always looking for effective & approved tools to increase their performance. Ergogenic aids are substances and devices that can enhance energy & recovery.

To add to the evidence base, researchers conducted an RCT in Brisbane to assess the effects of Fenugreek on...

- Muscle strength & endurance
- Body mass, lean mass & fat
- ♂ Functional threshold power (FTP)
- Sex hormones

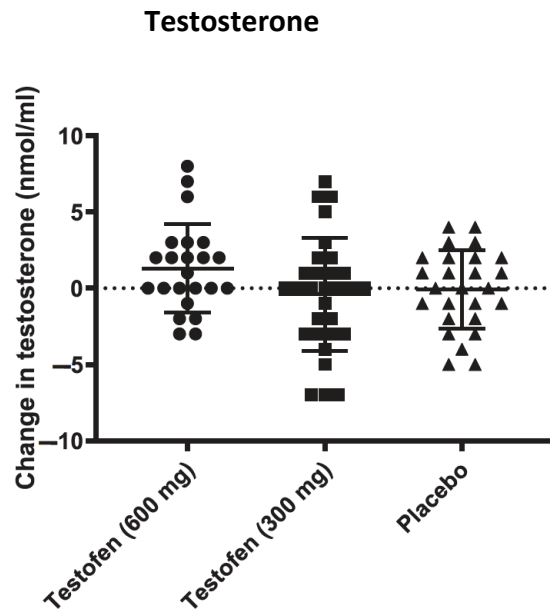
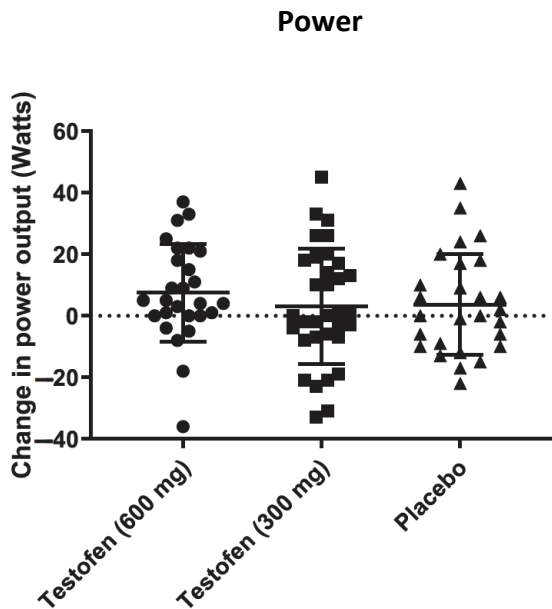
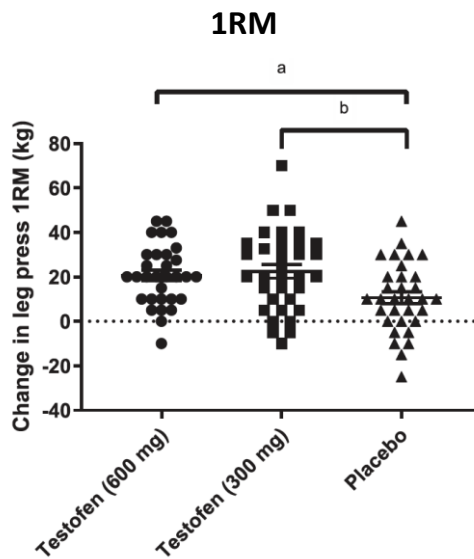
Fenugreek (*Trigonella foenum-graceum*) is an annual plant whose leaves and seeds are used in cooking and Ayurveda. With over 100 phytonutrients, it has many health uses like reducing blood sugar and cholesterol.

In the study, 138 men followed an 8-week calisthenics program three times a week. A third of participants were randomly allocated to take 600mg of Testofen® (unique Fenugreek extract) daily. Another third took 300mg of the product and remaining participants were given a placebo.

Researchers use this allocation method to compare results between different doses and a visually identical product with no pharmacological ingredient □

To reduce bias, “double blinding” is used where no one knows what participants were given □

After 8 weeks, the two active groups had greater improvements in their leg press 1 rep max (1RM) compared to placebo. The 600mg group was the only group to significantly increase their FTP and testosterone, significantly decrease fat and body mass, and showed greater relative increases in lean mass.



**FIGURE 3** Change in functional threshold power output from baseline to week 8. Data are presented as mean ± SD

**FIGURE 4** Change in testosterone from baseline to week 8. Data are presented as mean ± SD

☐♂ Testofen® is an effective ergogenic aid  
for athletes wanting to improve performance

☐ As a supplement to resistance exercise,  
Fenugreek extract can improve body composition

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about this recent trial & RDC Clinical

