

# **Kre-Alkalyn Clinical Trial**

## “Using Olympic-Level Weight Lifters”

**Start Date:** March 1<sup>st</sup> 2006<sup>th</sup>

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**Objectives:** The purpose of this study was to compare the effects of Kre-Alkalyn and Creatine Monohydrate on training induced changes in strength and body composition using Olympic-level weight lifters.

**Methods:** Using a random, double-blind design, 24 healthy men from the Bulgarian National Weight Lifting Team were selected and assigned to ingest 10 capsules x 750 mg of Kre-Alkalyn daily (for the test group) and 10 capsules x 750 mg of creatine monohydrate (for the controlled group). Verification of purity was assayed by an independent laboratory. Body weight was monitored, even though participating athletes were on strict diets due to their Olympic status of competition. Muscular performance was measured in the snatch, clean & jerk, high snatch, & back squat. Lifts were performed at maximum resistance for 1 repetition. The duration of the study was 60 days. Measurements were taken on baseline day and every day throughout the study per each athlete's schedule. The best lift during the administration part of study was used for the comparison. Each athlete was required to maintain their normal dietary and training patterns during the study.

**Results:** The Creatine Monohydrate group showed an average increase over baseline of 8.39% for the snatch, clean & jerk, high snatch, & back squat. The Kre-Alkalyn group showed an average increase over baseline of 10.76%. By comparison, the average increase in total lifts for the Kre-Alkalyn group in the snatch, clean & jerk, high snatch, & back squat was 28.25% over the Creatine Monohydrate group.

Additionally, the Kre-Alkalyn group appeared to be healthy without any side effects from daily Kre-Alkalyn administration. No significant changes in body weight for either the Creatine Monohydrate group or the Kre-Alkalyn group were noted.

**Conclusion:** Within the framework and context of the current experimental design, this study concluded that subjects in the Kre-Alkalyn group increased their weight poundages by an average of 28.25% over subjects in the Creatine Monohydrate group. It should be noted that it is quite difficult for high-caliber Olympic-level athletes to produce considerable improvements in their muscular performance in such a short time-frame. Therefore, a 28.25% increase is considered to be a significant value.