

A CONTROLLED ENDURANCE STUDY WITH KRE-ALKALYN-VS-CREATINE

Guideline
FDA

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Study completed on November 5th, 2009

Performing Laboratory

BioCeutical Research & Development Laboratory
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2376 Main Street
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BRDL Study No.
K1552

(1 of 2)

Introduction:

The study was performed to assess the endurance & stamina differences between Kre-Alkalyn® and Creatine Monohydrate. The study was intended to provide information pertaining to the endurance/stamina increasing properties of Kre-Alkalyn® . Data from this study may serve as a basis for classifications and/or labeling of the test article. Data also will serve as validated marketing research that presents the case of the effectiveness of Kre-Alkalyn® over Creatine. The study was performed by BioCeutical Research & Development Laboratory at 2376 Main Street, Room 14, Billings, Montana. The protocol was signed by the Study Director on August 15th, 2009. The study was initiated with test article administration on November 1st, 2009 and concluded on November 5th, 2009

Procedures:

12 subjects were used in the study. 6 were administered Kre-Alkalyn and 6 Creatine. 1.5 grams of each test article were administered to the appropriate test subjects 1 hour prior to exercise. Also creatine and Kre-Alkalyn were administered at 1.5 grams in the A.M. two days prior to the testing per group. No changes were made to their diets. All male subjects were used for this study.

The test equipment used were Life Fitness computerized bicycles. These bikes can monitor heart rate and revolution per minute along with a variety of levels of difficulty.

Protocol:

Each subject was placed on the Life Cycle. The program that was ran was a manual program, with a difficulty level of 1 to start and built up to 14 in 15 second increments

Summary:

Creatine Group: Average amount of time once at level 14 was 55 seconds at an average heart rate of 150.

Kre-Alkalyn Group: Average amount of time once at level 14 was 120 seconds at an average heart rate of 145.

Conclusion:

Based on this data, the Kre-Alkalyn group was able to sustain more endurance and stamina than the creatine group by 118.2%.