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EFFECT OF THE ADMINISTRATION OF L-CARNITINE ON BODY WEIGHT, BODY FAT AND BODY MASS INDEX IN OVERWEIGHT WOMEN WHO PRACTICE CROSSFIT: CLINICAL TRIAL

D.M. Hernandez-Corona, M.R. Godoy Cardenas, J.A. Godoy Cardenas, T. González Herédia, A.D. Rocha Muñoz, L. Yareni Zuñiga

Departamento de Ciencias Biomédicas, Universidad de Guadalajara- Centro Universitario de Tonalá, Mexico

INTRODUCTION: Cross-fit has shown to be effective in health, but many other alternatives have also been studied, including the consumption of 1.5 grams of L-carnitine for the reduction of weight. The aim of the study was to evaluate the effect of 1.5 grams of L-Carnitine on anthropometric measurements in overweight women who practice cross-fit, as an adjuvant therapy for weight loss. **METHODS:** A randomized, double-blind, placebo-controlled clinical trial, the study and evaluations were carried out in Hard CrossFit, in El Salto, Jalisco, México. The study was carried out with a total of 20 female diagnosed as being overweight between 18 to 40 years old, the observed period was January to April 2018, they were divided into 2 groups; the first group received 1.5 grams of L-carnitine (n = 10), while the other received a homologous placebo of 1.5 grams (n = 10). Anthropometric measurements were included. **RESULTS:** The L-carnitine group demonstrated statistically significant reductions in waist circumference (89.4 ± 6.1 versus 87.1 ± 6.3 centimeters, $p0.05$), body fat percentage (31.5 ± 2.9 versus 29.1 ± 2.7 percent, $p0.01$), and increase muscle mass (34.7 ± 3.5 vs 37.1 ± 3.3 , $p=0.01$). The placebo group saw statistically significant decreases in body weight (74.7 ± 11.6 vs 73.6 ± 11.7 kg, $p=0.05$), body mass index (27.8 ± 1.7 vs 27.4 ± 1.9 kg/m², $p0.05$). **CONCLUSION:** The administration of 1.5 grams of L-carnitine in overweight women who practice Cross-Fit over the span of 8 weeks helps decrease waist circumference and body fat percentage.



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Headquarters and Administration:

1 Rothschild Boulevard
PO Box 68
Tel Aviv 61000, Israel
Tel: +972-3-5666166
Fax: +972-3-5666177
Email: info@comtecmed.com

Comtec Spain:

Bailén, 95-97
prat. I. a - 08009
Barcelona, Spain
Tel: +34-93-2081145
Fax: +34-93-4579291
Email: spain@comtecmed.com

Comtec China:

Suite 504, Universal Center Building
175 Xiang Yang Road South
Shanghai 200031, China
Tel: +86-21-54660460
Fax: +86-21-54660450
Email: china@comtecmed.com