

Investigating the effects of pine bark extract and black currants on the athletic performance of endurance athletes.

ACTRN12625000302459

Status	RECRUITING
Sponsor	University of Otago, Department of Physiology
Enrollment	26 participants

Plain Language Summary

This study is looking at whether two commercially available natural supplements — pine bark extract and black currant extract — can improve athletic performance in competitive endurance athletes. These supplements are typically used for general health in older or unwell populations, but researchers believe they may also benefit healthy athletes by improving oxygen use, lung function, muscle oxygenation, and exercise capacity.

Participants will take the supplements for two weeks and complete a series of exercise tests on a cycle ergometer — including measurements of peak oxygen uptake (VO₂max) and submaximal performance — comparing results before and after supplementation. The study aims to include both male and female athletes.

You may be eligible if you are a competitive cyclist, triathlete, or long-distance runner (Grade A or B regionally/nationally), aged 20–50 for males or 20–35 for females. You must not currently be taking antioxidant supplements and must be able to commit to multiple testing sessions at the University of Otago. People with medical conditions, asthma, or other factors affecting exercise are not eligible.

Key Eligibility Criteria

Inclusion (41)

- Endurance Athletes:
 - Cyclists (Road, Track, or Mountain bike)
 - Triathletes/Duathletes
 - Long Distance Runners
 - a) Endurance Discipline Requirement:
- ... and 36 more (see full listing online)

Exclusion (37)

- Antioxidant Supplementation:
 - a) Exclusion of Participants Supplementing with Antioxidants:
 - Individuals currently supplementing with antioxidants, including green tea and similar
 - substances, are excluded unless willing to abstain from supplementation for a specified
 - washout period (typically 3-4 weeks). This exclusion is implemented to avoid potential
- ... and 32 more (see full listing online)

Locations (1 total)

Otago, New Zealand

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625000302459>

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