

Effect on muscle fatigue

THERACURMIN®

150mg 1h before and 150mg
12 hours after exercise

Eccentric exercise



MVC for recovery ↑
CK ↓

Tanabe Y, et al. Eur J Appl Physiol. 2015 Sep;115(9):1949-1957.

THERACURMIN®

90mg x 2/day
7days

Eccentric exercise



VAS ↓
CK ↓
ROM change rate ↑
MVC for recovery ↑

Tanabe Y, et al. Scand J Med Sci Sports. 2019 Apr; 29 (4): 524-534.

THERACURMIN®

90mg x2/day
4 days

Eccentric exercise



VAS ↓
ROM change rate ↑

Tanabe Y, et al. J Nutr Sci Vitaminol (Tokyo). 2019; 65 (1): 82-89.

- MVC: Maximal voluntary contraction
- CK: Creatine kinase
- VAS: Visual Analogue Scale
- ROM: Range of motion

Improvement of muscle fatigue

Study Protocol

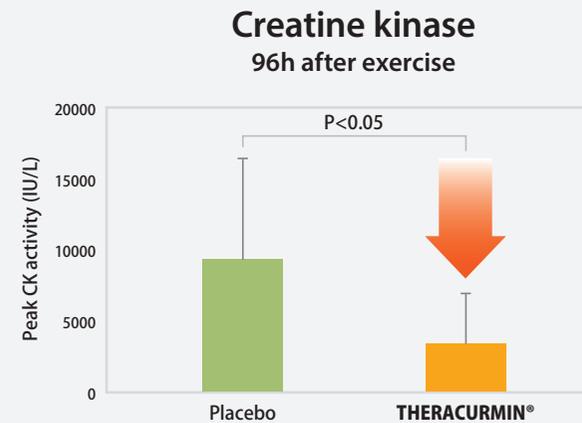
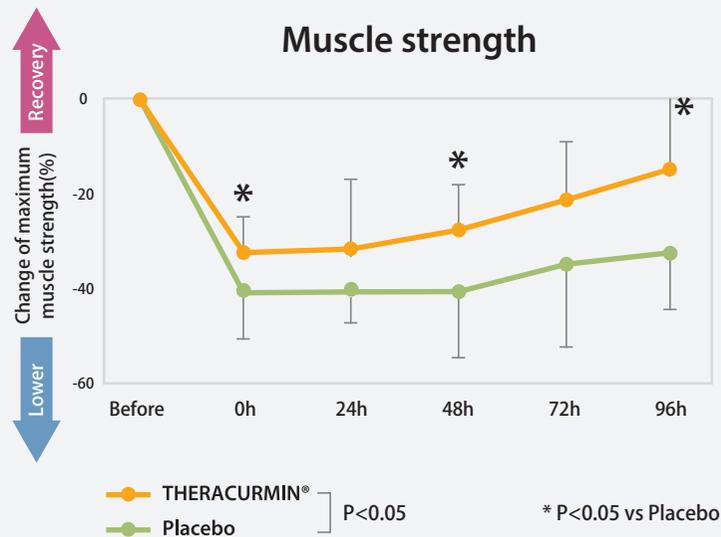
Study design: Two arms, crossover single-blind trial

Subjects: 14 healthy men (age: 25±2.3 years old)

Exercise: 50 maximal isokinetic (120°/s) eccentric contractions of the elbow flexors of one arm on an isokinetic dynamometer.

Intake: THERACURMIN® 150 mg x 2, 1h before and 12 hours after exercise

The THERACURMIN® ingestion group decreased MVC torque less and recovered faster and peak serum CK activity was less than the placebo group.



Reduce of muscle damage

Study Protocol

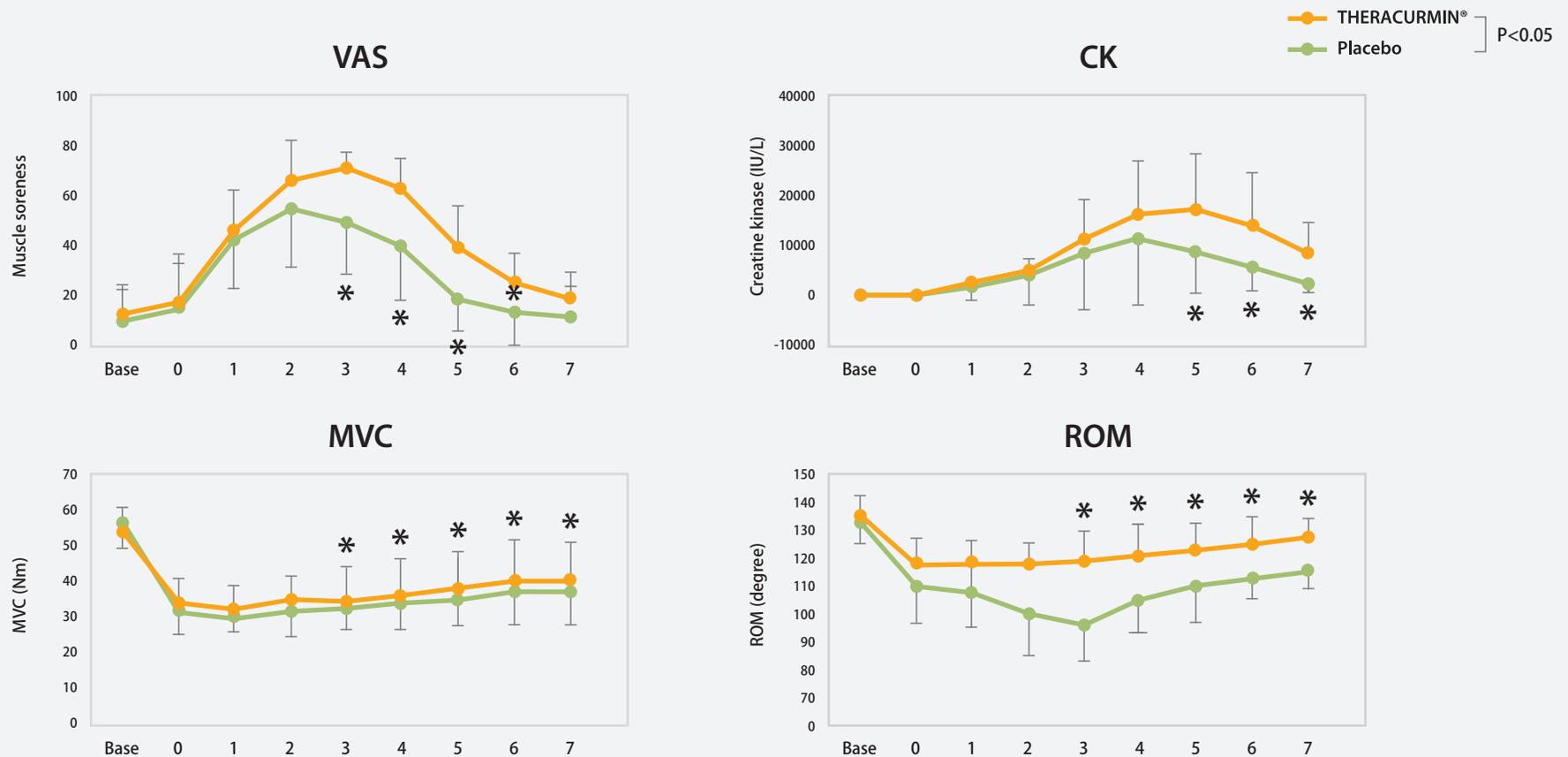
Study design: Double - blind crossover trial

Subjects: 20 healthy men(age: 29.0 ± 3.9 years old)

Exercise: 30 maximal isokinetic (120°/s) eccentric contractions of the elbow flexors of one arm on an isokinetic dynamometer.

Intake: THERACURMIN® 180mg, 7 day after eccentric exercise

After-exercise THERACURMIN® ingestion reduced muscle damage and led to a faster recovery.



Improvement of muscle soreness

Study Protocol

Study design: Two arms, Randomized, single- blind parallel trial

Subjects: 24 healthy men(age: 25±2.3 years old)

Exercise:30 maximal isokinetic (120°/s) eccentric contractions of the elbow flexors of one arm on an isokinetic dynamometer.

Intake: THERACURMIN® 180mg, 4 day after eccentric exercise

THERACURMIN® ingestion improved the range of motion (ROM) and muscle soreness.

