

FULL TEXT LINKS



Randomized Controlled Trial > *J Nutr Biochem*. 2007 Sep;18(9):629-34.

doi: 10.1016/j.jnutbio.2006.11.008. Epub 2007 Apr 5.

## HUM5007, a novel combination of thermogenic compounds, and 3-acetyl-7-oxo-dehydroepiandrosterone: each increases the resting metabolic rate of overweight adults

John L Zenk <sup>1</sup>, Joy L Frestedt, Michael A Kuskowski

Affiliations

PMID: 17418559 DOI: 10.1016/j.jnutbio.2006.11.008

### Abstract

This study tested the hypothesis that 3-acetyl-7-oxo-dehydroepiandrosterone alone (7-Keto) and in combination with calcium citrate, green tea extract, ascorbic acid, chromium nicotinate and cholecalciferol (HUM5007) will increase the resting metabolic rate (RMR) of overweight subjects maintained on a calorie-restricted diet. In this randomized, double-blind, placebo-controlled, crossover trial, overweight adults on a calorie-restricted diet were randomized to three 7-day treatment periods with 7-Keto, HUM5007 or placebo. Resting metabolic rate was measured by indirect calorimetry at the beginning and end of each treatment period with a 7-day washout between testing periods. Of 45 subjects enrolled, 40 completed the study (30 women, 10 men; mean age, 38.5 years; mean mass index, 32.0 kg/m<sup>2</sup>). During the placebo treatment, RMR decreased by 3.9% (75+/-111 kcal/day; mean+/-S.D.); however, RMR increased significantly by 1.4% (21+/-115 kcal/day) and 3.4% (59+/-118 kcal/day) during the 7-Keto and HUM5007 treatment periods, respectively (each compared to placebo, P=.001). No significant differences were found between the treatment periods with respect to compliance or adverse events. In this study, the administration of HUM5007 or 7-Keto reversed the decrease in RMR normally associated with dieting. HUM5007 and 7-Keto increased RMR above basal levels and may benefit obese individuals with impaired energy expenditure. HUM5007 and 7-Keto were generally well tolerated and no serious adverse events were reported.

### Related information

[MedGen](#)

[PubChem Compound](#)

[PubChem Compound \(MeSH Keyword\)](#)

[PubChem Substance](#)

### LinkOut - more resources

**Full Text Sources**

[Elsevier Science](#)

**Medical**

[MedlinePlus Health Information](#)