



Fenugreek seeds: An evidence-based nutraceutical for fitness and sport industries

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Abstract:

A scientific research on fenugreek seeds and its standardized extracts has demonstrated its potential for effective and safe natural medicine ingredient for development of fitness and sport nutrition products. The list of potential health benefits of Fenugreek is continuing to grow with new clinical evidence. Therefore, fenugreek, which possesses phenolic compounds, bioactive amino acids, glycosides and antioxidant activity, could be a good candidate for nutraceutical therapeutic use. Robust scientific research on products rich in standardized extracts of fenugreek seeds demonstrated evidence of safety and efficacy as Testosterone Booster, Body Composition, And Post-Exercise Recovery through various randomized placebo control clinical studies. Fenugreek seed-based ingredients coupled with consistent quality and good manufacturing facility can developed for successful performance and fitness nutrition products. Despite the impressive scientific and clinical profile of fenugreek, consumer understanding is still in its infancy and scientific promotion of this herb need to focus on this important commercial hurdle. This presentation will cover both traditional and modern medicinal use of Fenugreek..

Biography:

Dilip has received his PhD in biomedical science from India. He is an international speaker, facilitator and author and professionally associated with Nutriconnect,



Trigonella Labs, Australia; Honorary Ambassador, Global Harmonization Initiatives (GHI) & adjunct-Industry Fellow, NICM, Western Sydney University. He is a fellow of American College of Nutrition (ACN), professional member of Australian Institute of Food Science & Technology (AIFST), an advisor and executive board member of Health Foods and Dietary Supplements Association (HADSA), Society fo Ethnopharmacology, India and also in editorial board of several journals. His research interest includes oxidative stress, bioactive, clinically proven functional food and natural medicine development, regulatory and scientific aspects of functional foods, nutraceuticals and herbal medicines.

Dr. Ghosh has published more than 100 papers in peer reviewed journals, numerous articles in food and nutrition magazines and books. His most recent book, "Natural Medicines

Clinical Efficacy, Safety and Quality" under CRC Press, USA has been published in 2019.

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