

## **Abstract**

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**Title:** Effect of supplementation on somatic parameters

**Objectives:** The aim of this study is to evaluate the effect of a 60-day long supplementation with Tribulus Terrestris on the body composition of healthy men.

**Methods:** This diploma thesis is a double-blinded experiment. The theoretical part was mainly processed on the basis of information from electronic sources in English and Czech language. The subjects of this study were within the range of 18–35 years old and were randomly divided into an experimental (TT1) and a control (TT2) group. We examined changes in basic anthropometric parameters (height, weight, circumferences, skinfolds) and body composition estimated by bioelectrical impedance (BIA). The statistical analysis of the data was evaluated using ANOVA. The level of significance was set to  $\alpha \leq 0.05$ .

**Results:** In TT1 we observed significant changes in anthropometric parameters. Changes in body composition estimated by BIA were not of statistical significance. Statistically significant changes in TT2 were noted in both anthropometric measurements and BIA. Changes in both groups could be caused by various factors.

**Keywords:** ergogens, nutritional supplements, tribulus terrestris, testosterone, caliperation, body composition, bioelectrical impedance