

SPORTS RESEARCH

**Efficacy of NCODE
(Cellfood Longevity®)
on physical performance
and selected markers of
health status in males**



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8. SUMMARY AND CONCLUSIONS

The objective of the first part of the study was to determine whether or not treatment with NCODE® will improve measures of disease risk, physical capacity, and mood in sedentary individuals.

From the results obtained it appears that the NCODE treatment did provide beneficial effects in improving disease risk as it resulted in a 15% reduction in homocysteine levels and an increase in s-folate levels, however further research should be carried out on individuals with median pretreatment blood concentration of homocysteine lower than 10 $\mu\text{mol/L}$ and on a larger sample group.

Furthermore no change in urea or urate levels was observed in the NCODEG. The NCODE treatment did not appear to have any effect on the anthropometrical and cardio respiratory parameters tested however these findings may have been limited by the small sample size.

Finally the NCODE treatment may not have affected the participant's mood states, however, it should be borne in mind that this sample group had relatively healthy mood states as compared to the norms published by McNair *et al.*, 1992). Additionally the small sample size may have attributed to the findings.