Comparing liver function tests in Bodybuilders who use (Whey, Creatine) supplements with the control group in Mashhad


Mashhad Medical University, Mashhad, Iran

Purpose: In this research, the liver function tests (AST, ALT, total bilirubin, direct bilirubin, alkaline phosphatase, albumin, total protein, cholesterol, triglycerides, uric acid, and glucose) were compared in bodybuilders who used whey and creatine supplements with the control group in Mashhad.

Methods: In this study, 100 bodybuilders were divided into two groups: the experimental group (50 bodybuilders who used whey and creatine supplements) and the control group (50 bodybuilders who did not use supplements). The liver function tests were measured in both groups before and after 12 weeks of exercise.

Results: The results showed that there was no significant difference in liver function tests between the two groups before and after the study. However, after 12 weeks of exercise, the experimental group showed a significant increase in total bilirubin and direct bilirubin compared to the control group.

Conclusion: The use of whey and creatine supplements may have a negative effect on liver function tests in bodybuilders. Therefore, more research is needed to investigate the long-term effects of these supplements on liver function.