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Effects of a leucine-enriched amino acid supplement on muscle mass, muscle strength, and physical function in post-stroke patients with sarcopenia: a randomized controlled trial

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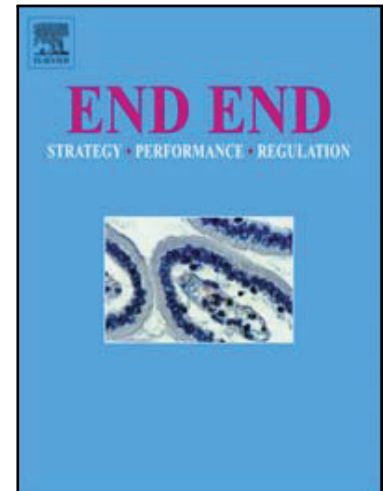
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Highlights

- Older patients undergoing stroke rehabilitation are at high risk of sarcopenia and malnutrition.
- We examined the efficacy and safety of a leucine-enriched amino acids supplement in post-stroke older patients with sarcopenia.
- This is the first interventional trial including nutritional supplementation in such patients.
- Study outcomes included muscle mass, muscle strength and physical function.
- A leucin-enriched nutritional supplement increases muscle mass, strength, and physical function in this population.

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