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[54] **METHOD FOR MEASURING MUSCLE MASS**

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[58] Field of Search **128/774, 782**

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[57] **ABSTRACT**

A method for determining muscle mass in a human subject useful for monitoring athletic conditioning, weight loss programs, nutritional deficiencies, and disease states which cause muscle wasting is provided comprising administration of a bolus dose of a metabolic marker for 3-methylhistidine, the use of a three-compartment model to describe data from blood samples collected periodically thereafter, and calculation of muscle mass as a function of specific values generated by the model.

20 Claims, 5 Drawing Sheets

