

Effect of barley foods on cardiovascular health biomarkers

ACTRN12606000355572

Status	RECRUITING
Phase	Phase 4
Sponsor	Commonwealth Scientific Industrial Research Organisation, Human Nutrition
Enrollment	30 participants

Plain Language Summary

This study is looking at whether eating foods made from a special type of barley developed by the CSIRO can improve heart health. Barley contains a type of fibre that may help lower cholesterol and triglycerides (fats in the blood), both of which are linked to heart disease. Participants will eat barley-based foods as part of their normal diet and have blood tests to see if their cholesterol and other heart-related markers improve. The study will compare results when eating barley foods against a control period.

You may be eligible if:

- You are between 30 and 75 years old
- Your blood triglycerides are between 1.7 and 4.0 mmol/L, and/or your total cholesterol is above 5.5 mmol/L
- If you are taking cholesterol-lowering medication, the dose must remain the same throughout the study

You may NOT be eligible if:

- You have a known allergy or intolerance to barley or wheat (such as coeliac disease)
- You have a bleeding disorder
- You have a history of gut, kidney, or liver disease
- You have participated in another study in the past 30 days
- You are taking medications that affect cholesterol (such as psyllium laxatives, antibiotics, probiotics, or plant sterol margarines)

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Have a fasting plasma triglyceride concentration greater than 1.7mmol/L but less than 4.0 mmol/L, and/or plasma cholesterol greater than 5.5 mmol/L. Are taking cholesterol-lowering drugs provided the dose of medication remains stable for the duration of the study.

Exclusion (1)

- Have a definite or suspected personal or family history of adverse events or hypersensitivity to barley or wheat (eg. coeliac disease) Suffer from bleeding disorders Are considered by the doctor or dietitian to be unwilling, unlikely or unable to comprehend or comply with the study protocol Have participated in another research study within 30 days preceding the commencement of this study Have a history or presence of gastrointestinal, renal or hepatic disease of any cause Are taking any medication or food that is likely to affect the plasma cholesterol such as laxatives containing psyllium, antibiotics, probiotics or sterol-containing margarines.

Locations (1 total)

Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12606000355572>

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