

Nutritional polypill trial in well subjects in order to assess genome damage

ACTRN12607000651482

Status	RECRUITING
Phase	Phase 2
Sponsor	NHMRC
Enrollment	250 participants

Plain Language Summary

This study is investigating whether taking a combination of vitamins and essential minerals (like a nutritional supplement) can reduce damage to the DNA inside our cells. DNA damage in cells is linked to the development of cancer, and certain vitamins and minerals are thought to help repair and protect DNA. Participants will take a supplement tablet each day and researchers will measure DNA damage in blood cells before and after the treatment.

You may be eligible if:

- You are between 25 and 45 years of age
- You are in good general health (male or female)

You may NOT be eligible if:

- You are a current smoker
- You are currently taking anti-folate drugs (certain medications that interfere with folate metabolism)
- You are planning a pregnancy or are currently pregnant
- You are already taking vitamin or mineral supplements at more than 50% of the recommended daily intake
- You are unable to participate in all phases of the trial

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

Key Eligibility Criteria

Inclusion (1)

- year-old healthy males and females.

Exclusion (1)

- Subjects who smoke, are currently being treated with anti-folate drugs, are planning a pregnancy or are currently pregnant, are unable to participate in all phases of the trial, or are supplementing their diet with more than 50% of the recommended daily dietary allowance (RDA) of any nutrients identified for the study.

Locations (1 total)

Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12607000651482>

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