

# Effect of Fucoidan on glucose control and markers of cardiometabolic health after chronic dosing

ACTRN12614000495628

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Status	RECRUITING
Phase	Phase 1
Sponsor	University of Tasmania.
Enrollment	80 participants

## Plain Language Summary

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Researchers are studying whether fucoidan — a natural extract from seaweed — can help control blood sugar and improve heart and metabolic health when taken daily for three months. About half of the participants will take the real fucoidan capsule, while the other half will take a placebo capsule that looks the same but has no active ingredient. This helps the researchers see whether any changes are truly caused by the supplement.

You may be eligible if:

- You are between 18 and 65 years old
- You have a body mass index (BMI) of 30 or higher (classified as obese)

You may NOT be eligible if:

- You have diabetes or a parent or sibling with diabetes
- You currently smoke, or have smoked in the past 30 days
- Your blood sugar level at screening is higher than 7.8 mmol/L
- You regularly take more than 5 medications
- You take blood-thinning (anticoagulant) medication
- You have a medical condition that increases your risk of bleeding

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

## Key Eligibility Criteria

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### Inclusion (1)

- Body mass index  $\geq 30$  mg/m<sup>2</sup>

### Exclusion (7)

- Diabetes or family history of diabetes (parents or siblings)
- Current smokers (participants that have smoked previously may be included, though not if they have had any cigarettes in the past 30 days or if they smoke during the study period of 3 months).
- Random blood glucose level above 7.8mM (during screening appointment).
- Fasting blood glucose level above 7mM at either study appointment.
- Taking more than 5 regular medicines.

... and 2 more (see full listing online)

## Locations (1 total)

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TAS, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12614000495628>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [anzctr.org.au](http://anzctr.org.au). Generated by [ClinicalTrialsFinder.org](http://ClinicalTrialsFinder.org).