

Effect of sugar and blackcurrant consumption on the health properties in healthy adults

ACTRN12617000732381

Status RECRUITING
Sponsor Jocelyn Eason
Enrollment 45 participants

Plain Language Summary

Blackcurrant berries are rich in antioxidants that may protect body cells from damage. This study explores whether combining blackcurrant consumption with sugar changes how well these antioxidants are absorbed by the body, which may help develop healthier food products.

You may be eligible if:

- You are between 16 and 60 years old
- You are in good general health

You may NOT be eligible if:

- You have an allergy to blackcurrants or berry fruit products
- You have diabetes or metabolic syndrome
- You are pregnant or planning to become pregnant
- You have clinically diagnosed high or low blood pressure
- You have donated blood in the last 4 weeks

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

Key Eligibility Criteria

Inclusion (1)

- Healthy individuals (male or female) aged 16-60 years old. Individuals will be required to complete a health questionnaire and provide informed written consent.

Exclusion (1)

- Individuals will be excluded if they are unwilling or unable to provide informed written consent or comply with the study procedures. Participants will also be excluded if they have (i) known hypersensitivity or intolerance to blackcurrants or berry fruit-derived products, (ii) health conditions that may affect their ability to regulate sugar digestion/absorption (i.e. diabetes, metabolic syndrome). In addition, participants will be excluded if they are pregnant or planning to get pregnant in the near future or have any of the following conditions: (i) blood borne diseases (e.g. hepatitis), (ii) clinically diagnosed high/low blood pressure, (iii) recent bacterial or viral illness, (iv) are taking any medication that affects the properties of blood (e.g. blood clotting). Furthermore, potential volunteers will be excluded if they have donated blood within 4 weeks from the start of the study.

Locations (1 total)

Manawatu and Waikato, New Zealand

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12617000732381>

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