

HMB and Exercise-induced Muscle Damage

NCT04549610

Status	RECRUITING
Phase	Phase 2, Phase 3
Sponsor	Poznan University of Physical Education
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (6)

- written informed consent from all participants before the study
- a current medical clearance to practice sports,
- training experience: at least 1 year strength training programs that include lower limbs,
- minimum of 3 workout sessions (strength/resistance training) a week,
- protein intake in customary diet and during the study protocol $\geq 1.6\text{g} / \text{kg}$ of body mass per day,
... and 1 more (see full listing online)

Exclusion (9)

- current injury,
- any health-related contraindication,
- declared general feeling of being unwell,
- unwilling to follow the study protocol,
- serious disease or metabolic problems,
... and 4 more (see full listing online)

Locations (1 total)

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