

# Dietary Fiber Effects on the Microbiome and Satiety

NCT04611217

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Missouri-Columbia
Enrollment	88 participants

## Key Eligibility Criteria

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### Inclusion (10)

- Men and women (premenopausal only)
- Age 20-55y (Aim 1); 45-55y (Aim 2)
- BMI e25 or d35 kg/m<sup>2</sup> (Aim 1); e25 or d40 (Aim 2)
- Weight stable (no fluctuations in body weight of greater than 4 kg in the last 3 months)
- Willing to consume a research diet
- ... and 5 more (see full listing online)

### Exclusion (11)

- Pregnant or lactating
- Postmenopausal (evidence suggests an interplay between the gut microbiome)
- BMI of <25 or >35 kg/m<sup>2</sup> (Aim 1); <25 or >40 kg/m<sup>2</sup> (Aim 2)
- Use of medications that affect the gut microbiome (e.g. antibiotics)
- Taking medications known to affect appetite (e.g., phentermine) or gastrointestinal function (e.g., metformin)
- ... and 6 more (see full listing online)

## Locations (1 total)

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University of Missouri-Columbia, Columbia, Missouri, United States