

# Intermittent Fasting for NAFLD in Adults

NCT04899102

---

Status	RECRUITING
Phase	Not Applicable
Sponsor	Massachusetts General Hospital
Enrollment	25 participants

## Key Eligibility Criteria

---

### Inclusion (8)

- Willing and able to provide informed consent
- Age 18 years or older at time of consent
- BMI 23-30kg/m<sup>2</sup> at screening
- Evidence of NAFLD confirmed by historical procedure obtained no more than 6 months prior to the screening visit, defined as:
- Grade  $\geq 1$  steatosis on clinical liver biopsy; OR
- ... and 3 more (see full listing online)

### Exclusion (15)

- Heavy alcohol use for at least 3 consecutive months within the past 5 years prior to screening [heavy alcohol consumption is defined as:  $> 20$ g daily for women or  $> 30$ mg daily for men, assessed by the Lifetime Drinking History assessment at screening (23, 24)].
- Evidence of other known forms of chronic liver disease including:
  - Alcoholic liver disease, hepatitis B, hepatitis C, PBC, PSC, autoimmune hepatitis, Wilson disease, iron overload, alpha-1-antitrypsin deficiency, drug-induced liver injury, known or suspected hepatocellular carcinoma (HCC).
- Current or prior history of Type II Diabetes requiring insulin or sulfonylureas due to risk of hypoglycemia with fasting.
- Use of any pharmacological treatments for NAFLD/NASH within the 6 months prior to the screening visit, except vitamin E. Patients on a stable dose of vitamin E can be enrolled in the study.
- ... and 10 more (see full listing online)

## Locations (1 total)

---

Massachusetts General Hospital, Boston, Massachusetts, United States