

Omega-3 Fatty Acids as Regulators of Brown Adipose Tissue During Cold Exposure

NCT05822141

Status	RECRUITING
Phase	Not Applicable
Sponsor	Indiana University
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (3)

- Male and female, between the ages of 18 to 40 years.
- Body Mass Index (BMI) of 18.5 to 24.9 kg/m²
- Considered "moderately to highly active" by the International Physical Activity Questionnaire (IPAQ) and the Physical Activity Readiness Questionnaire (PAR-Q+)

Exclusion (9)

- History of smoking or recreational smoking, hyperlipidemia, hypertension/cardiovascular disease, diabetes, renal disease, neurological disease, metabolic disease, and bleeding disorders or delayed clotting time.
- Taking SSRI's (antidepressants and anxiety medication), ADD/ADHD medication, and chronically consume pain medication (Aleve, Tylenol, CBD, etc).
- Have or have had chronic disorders of the rectum (e.g., cancer, surgery, active hemorrhoids, etc.) or who currently have related acute conditions (diarrhea, constipation, etc.).
- Have or have had a diagnosis of disorders related to immune suppression and/or autoimmune disease.
- Are pregnant or planning on being pregnant.
- ... and 4 more (see full listing online)

Locations (1 total)

Human Performance Lab, Indiana University, Bloomington, Indiana, United States