

Impact of Macronutrient Composition of Energy-restricted Diet and Exercise on Body Composition and Appetite Hormones.

NCT06022315

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Glasgow
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (3)

- Healthy Female
- BMI of ≤ 25.0 kg/m².
- stable body weight for at least three months preceding the study

Exclusion (7)

- smokers and have
 - irregular menstruation cycle,
 - use any type of medication,
 - exercising more than 75min a week,
 - are pregnant or lactating.
- ... and 2 more (see full listing online)

Locations (1 total)

Human Nutrition, College of Medicine, Veterinary and Life Science, Glasgow, United Kingdom