

Heme and Non-heme Iron Intakes, Gut Microbiota, and Influence on Host Iron Absorption

NCT06146608

Status RECRUITING
Sponsor Cornell University
Enrollment 120 participants

Key Eligibility Criteria

Inclusion (7)

- Healthy adults
- Age between 18- 40y
- Non-smoking
- Not currently taking vitamin, mineral, prebiotic, and probiotic supplements.
- Females: premenopausal and not pregnant or lactating
- ... and 2 more (see full listing online)

Exclusion (7)

- BMI $\lt 18$ or $\gt 27$ kg/m²,
- Age $\lt 18$ y or $\gt 40$ y,
- Smoking
- Pregnancy, lactating
- Have gastrointestinal disorders/malabsorption diseases/hemoglobinopathies/dietary restrictions/steroid use/ medication use of medications known to impact iron status, iron utilization or inflammatory status
- ... and 2 more (see full listing online)

Locations (1 total)

Cornell University, Ithaca, New York, United States