

Exogenous Ketones and Appetite

NCT06327464

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of British Columbia
Enrollment	22 participants

Key Eligibility Criteria

Inclusion (9)

- Age 19-45 years
 - Body mass index (BMI): 18.5 - 40.0 kg/m²
 - For females: Premenopausal, with regular menstrual cycle (every 21-38 days, by self-report) OR lack of regular menstrual cycles due to oral contraceptive or intrauterine device (IUD) use
 - Sedentary or recreationally active, defined as: <300 minutes per week of voluntary exercise at moderate intensity or greater over the past 12 weeks
 - Not currently pregnant or lactating, not planning to become pregnant in the next 12 weeks
- ... and 4 more (see full listing online)

Exclusion (24)

- Current or previous major comorbidities, by self-report, including:
 - Cardiovascular diseases
 - Diabetes (type 1 or type 2)
 - Cancer
 - Thyroid diseases
- ... and 19 more (see full listing online)

Locations (1 total)

University of British Columbia - Okanagan, Kelowna, British Columbia, Canada