

# Zinc and Iron Absorption From Common Beans in Young Adult Women

NCT06327529

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of California, Davis
<b>Enrollment</b>	15 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Healthy eumenorrheic (regular monthly menstrual cycles of 25-30-days in length)
  - BMI 18.5 - 30 kg/m<sup>2</sup>
  - Regular consumer of beans, i.e. e 4 servings per month
  - Usual iron intake estimated by Food Frequency Questionnaire to be less than the Recommended Daily Allowance (RDA) of 18 mg/d (8)
  - Subject is willing and able to comply with the study protocols.
- ... and 1 more (see full listing online)

### Exclusion (10)

- Dislike or allergy to beans
  - Self-reported current or recent pregnancy (within the past 12 months)
  - Self-reported recent termination of pregnancy (3 months if abortion in 1st or 2nd trimester, or 12 months if in 3rd trimester)
  - Self-reported plans to become pregnant during the study period
  - Self-reported cancer
- ... and 5 more (see full listing online)

## Locations (1 total)

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