

Optimized Carbohydrate Fueling to Enhance Physical Performance During Energy Deficit

NCT06394401

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | United States Army Research Institute of Environmental Medicine |
| Enrollment | 12 participants |

Key Eligibility Criteria

Inclusion (6)

- Men and women aged 18 - 39 years
 - Healthy without evidence of chronic illness or musculoskeletal injury as determined by the USARIEM Office of Medical Support and Oversight (OMSO) or home duty station medical support
 - Routinely participate in aerobic and/or resistance exercise at least 2 days per week
 - Willing to refrain from alcohol, smoking/using any nicotine product (includes e-cigarettes, vaping, chewing tobacco), caffeine, and dietary supplements while consuming the study diet
 - Supervisor approval for federal civilian employees and non-HRV active duty military personnel
- ... and 1 more (see full listing online)

Exclusion (9)

- Musculoskeletal injuries that compromise exercise capability
 - Metabolic or cardiovascular abnormalities, gastrointestinal disorders (e.g., kidney disease, diabetes, cardiovascular disease, etc.), claustrophobia
 - Significantly abnormal blood clotting as determined by OMSO or home duty station medical support
 - Allergy to lidocaine (or similar local anesthetic)
 - Present condition of alcoholism, anabolic steroid use, or other substance abuse issues as determined by OMSO or home duty station medical support
- ... and 4 more (see full listing online)

Locations (1 total)

USARIEM, Natick, Massachusetts, United States