

# Solarplast (R) Supplementation Effects Following High-intensity Resistance Exercise

NCT06432868

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Kent State University
Enrollment	46 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Recreationally-active (participated in at least 2 weight training workouts per week over the previous year) and participates in at least 3h of total structured exercise/week as determined by the health and activity questionnaire.
  - Subject is judged by the Investigator to be healthy and free of any physical limitations (determined by health and activity questionnaire)
  - Subject has a body mass index of 18.0-34.9 kg/m<sup>2</sup>, inclusive
  - Subject is willing to maintain habitual diet throughout the study period
  - Subject is willing to abstain from dietary supplementation throughout the duration of the study.
- ... and 1 more (see full listing online)

### Exclusion (10)

- Subject is currently or will be enrolled in another clinical trial.
  - Subject is a habitual consumer of tea/antioxidants defined as > 8 oz/day of either green or black tea within the 14 days prior to the screening visit.
  - Subject has a history or presence of a clinically relevant cardiac, renal, hepatic, endocrine (including diabetes mellitus), pulmonary, biliary, gastrointestinal, pancreatic, or neurologic disorder.
  - Subject has a history or presence of cancer in the prior 2 years, except for non-melanoma skin cancer.
  - Subject is unable to perform physical exercise (determined by health and activity questionnaire)
- ... and 5 more (see full listing online)

## Locations (1 total)

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Kent State University - Exercise Science & Exercise Physiology, Kent, Ohio, United States