

# The Impact of Faba Bean Rich Bread on Iron Status, Postprandial Lipaemia and Satiety

NCT06466746

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Reading
Enrollment	16 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Non-anaemic, males and pre-menopausal females (must have regular periods)
- Aged 18-50 years old
- BMI between 19 - 30 kg/m<sup>2</sup>
- Low iron stores (serum ferritin between 13-40 µg/L for females and 30-90 µg/L for males)

### Exclusion (16)

- Food allergies or intolerances to faba beans (favism) or gluten
- Diagnosed with anaemia (haemoglobin <115 g/L for females or <130 g/L for males) or haemochromatosis
- C-reactive protein (>3mg/L)
- Smokers
- A history of alcohol abuse (> 14 units/ week)
- ... and 11 more (see full listing online)

## Locations (1 total)

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