

Effect of 12-week Milk Fat Globule Membrane Supplementation on the Human Muscle Function of Healthy, Recreationally Active Adults

NCT06573749

Status	RECRUITING
Phase	Not Applicable
Sponsor	Loughborough University
Enrollment	96 participants

Key Eligibility Criteria

Inclusion (4)

- or 60-75 years old
- Male or female
- Healthy with no contraindications to exercise
- Classified as recreationally active (meet the government's guidelines for weekly physical activity - 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity)

Exclusion (13)

- Any injury, medical condition or symptom precluding the ability to complete strenuous exercise as identified by the health screen questionnaire and physical activity readiness questionnaire
- Uncontrolled hypertension (blood pressure of 140/90 mmHg or higher) as identified by recording resting blood pressure
- Neuromuscular or musculoskeletal disease
- Occurrence of a severe injury to the lower limbs or back within the previous 6 months (time loss of \geq 21 days of normal activity)
- Occurrence of a minor injury to the lower limbs or back within the previous month (time loss of \geq 1 day of normal activity)
- ... and 8 more (see full listing online)

Locations (1 total)

Loughborough University, Loughborough, Leicestershire, United Kingdom