

Effect of Watermelon on Gut and Cardiometabolic Health

NCT06588218

Status	RECRUITING
Phase	Not Applicable
Sponsor	Florida State University
Enrollment	36 participants

Key Eligibility Criteria

Inclusion (3)

- Between 18 and 30 years old
- Ability to speak and read in English
- Overweight or Obese Class 1 and 2 (BMI e 25 - 39.9 kg/m2)

Exclusion (12)

- Intake of antibiotics in the last 3 months
- Intake of pre/pro/postbiotics in the last 3 months
- Current or past (within the last 6 months) user of tobacco, marijuana, or E-cigarette products
- Cardiovascular disease (will not exclude for hypertension), gastrointestinal disease (ulcerative colitis, celiac, Crohn's disease, diverticulosis, peptic ulcers, small intestinal bacterial overgrowth, short bowel syndrome), neurological (multiple sclerosis, meningitis, recent stroke) or endocrine disorders (uncontrolled thyroid disorders, growth hormone disorders, adrenal gland disorders, uncontrolled diabetes - A1C greater than 9%).
- Food allergy to study foods
- ... and 7 more (see full listing online)

Locations (1 total)

Florida State University - Gut Biome Lab, Tallahassee, Florida, United States