

Caffeine, CYPA12 and Resistance Training

NCT06610123

Status	RECRUITING
Phase	Not Applicable
Sponsor	Alberto Pérez-López
Enrollment	48 participants

Key Eligibility Criteria

Inclusion (5)

- Age between e 18 and d 35 years.
- Body mass index (BMI) lowe than 25 kg/m².
- Physically active subjects (e 150 min/week of moderate exercise).
- Healthy men and women without neurological, cardiometabolic, immunological, or physical conditions that prevent them from performing physical exercise.
- Participants capable of performing the tests.

Exclusion (7)

- History of neuromuscular, cardiac, or diseases that could affect liver or muscle metabolism.
- Use of drugs or other stimulants that interfere with caffeine intake and intestinal absorption during the tests and study.
- Body mass index (BMI) e 25 kg/m².
- Having undergone prolonged periods of forced physical inactivity during the 6 months prior to the study.
- Performing strenuous exercise within 48 hours prior to the tests.

... and 2 more (see full listing online)

Locations (1 total)

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