

Effect of Endurance Training-Induced Coenzyme Q10 (CoQ10) Supplementation on Myokine, Exerkine Secretion and Cognitive Functions in Long-Distance Runners

NCT06619249

Status	RECRUITING
Phase	Phase 4
Sponsor	Gdansk University of Physical Education and Sport
Enrollment	24 participants

Key Eligibility Criteria

Inclusion (3)

- training experienced for minimum 2 years
- running training at least 2 times per week
- Personal Best on 10k (<50 minutes)

Exclusion (2)

- taking supplements which can interrupt primary outcomes (vitamin D, omega-3 fatty acids)
- injured in last 6 months to avoid n number reduction

Locations (1 total)

Gdansk University of Physical Education and Sport, Gdansk, Poland