

The Importance of Non-essential Amino Acids for Maintaining Skeletal Muscle Protein Synthesis Rates in Healthy Young Men

NCT06687343

Status	RECRUITING
Phase	Not Applicable
Sponsor	Maastricht University Medical Center
Enrollment	64 participants

Key Eligibility Criteria

Inclusion (5)

- Male
- Age between 18 and 35 y inclusive
- BMI between 22 and 30 kg/m²
- Non-smoker
- Having given informed consent

Exclusion (13)

- Participating in a structured (progressive) exercise program
- Smoker
- Diagnosed GI tract disorders or diseases
- Diagnosed musculoskeletal disorders
- Diagnosed metabolic disorders (e.g. diabetes)
- ... and 8 more (see full listing online)

Locations (1 total)

Maastricht University Medical Center, Maastricht, Netherlands