

Investigating the Effects of Beef Consumption on Cognitive and Brain Health

NCT06690892

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Nebraska Lincoln
Enrollment	240 participants

Key Eligibility Criteria

Inclusion (11)

- Provision of signed and dated informed consent form
- Stated willingness to comply with all study procedures and lifestyle considerations and availability for the duration of the study
- Males and females; Age 19-24
- Willingness to adhere to the ready-to-eat beef intervention regimen
- Enrolled at University of Nebraska-Lincoln

... and 6 more (see full listing online)

Exclusion (4)

- Current use of medications that may affect their responses to dietary intervention, such as amphetamines, antidepressants, anti-diabetic medications, laxatives, antibiotics, statins and diuretics.
- Known intolerance or allergy to beef
- Current use of nicotine products, including vaping
- Previous use of nicotine products, including vaping, within the recent 6 months at the time of pre-screening

Locations (1 total)

University of Nebraska-Lincoln, Lincoln, Nebraska, United States