

The Effects of Cold-water Immersion on Exercise Performance Recovery and Postprandial Plasma Aminoacidemia

NCT06698237

Status	RECRUITING
Phase	Not Applicable
Sponsor	McGill University
Enrollment	12 participants

Key Eligibility Criteria

Inclusion (9)

- To be eligible to participate in this study, a participant must meet all the following criteria:
- Healthy adult between 18 - 40 years (inclusive).
- Individual with a BMI between $\gt 18.5$ and $\lt 30$ kg/m² (inclusive).
- Individual who is in good general health (no uncontrolled diseases or conditions).
- individual with a history of regular resistance training e2 per week for the past six-months.

... and 4 more (see full listing online)

Exclusion (22)

- Individual who is lactating, pregnant or planning to become pregnant during the study.
- Females with irregular menstrual cycles (defined as outside 24-38 days cycle range, based on self-reports).
- Individual who adheres to a diet (e.g., vegan diet) that restricts consumption of dairy products.
- Has a known sensitivity, intolerability, or allergy to any of the study products or their excipients (i.e., lactose intolerant).
- Weight loss or gain $\gt 3$ kg in the 3 months prior to study visit 1.

... and 17 more (see full listing online)

Locations (1 total)

McGill University, Montreal, Quebec, Canada