

Analysis of Dietary Intake in Professional Female Football Players

NCT06713954

Status RECRUITING
Sponsor University Ramon Llull
Enrollment 100 participants

Key Eligibility Criteria

Inclusion (5)

- Female or assigned female at birth
- Playing football professionally
- At a sub-elite to elite standard
- Above the age of 18
- Healthy and free of disease

Exclusion (3)

- Active supplementation with ergogenic aids
- Active pregnancy
- No signing of the consent form

Locations (1 total)

Blanquerna Institute, Universitat Ramon Llull, Barcelona, Spain