

# Protein Source and Resistance Training

NCT06739408

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University College Cork
<b>Enrollment</b>	72 participants

## Key Eligibility Criteria

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### Inclusion (3)

- a. Aged between 18 to 35 years old. b. Have completed either no or low level only resistance training in the previous 6 months.
- c. Are not using any protein or performance/recovery enhancing supplements or willing to stop use for duration of the study.
- d. Willing to consume study treatment for duration of the study. e. Willing to perform resistance training. f. Must be able and willing to provide written informed consent to participate.

### Exclusion (8)

- Have any notable health concern or disability which may conceivably increase risk to the participant and/or affect outcomes.
- Has performed resistance training in the past 6 months at a moderate or high level.
- Is a smoker.
- Is unwilling or unable to perform full body resistance training.
- Is pregnant or planning to become pregnant during the study period.

... and 3 more (see full listing online)

## Locations (1 total)

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Human Nutrition Studies Unit, University College Cork, Cork, Co. Cork, Ireland