

# Avocado and Postprandial Responses

NCT06818032

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Vermont Medical Center
Enrollment	30 participants

## Key Eligibility Criteria

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### Inclusion (3)

- Biological sex males or females
- Age 21 to 65 years
- BMI between 18.5 and 34.9 kg/m<sup>2</sup>

### Exclusion (16)

- Actively pregnant or lactating women
  - Diagnosis of prediabetes or diabetes (fasting glucose  $\geq 100$  mg/dL)
  - Current diagnosis of uncontrolled hypertension (systolic BP:  $\geq 160$  mmHg, diastolic BP:  $\geq 95$  mmHg), may receive treatment for hypertension as long as on a stable regimen for the previous one month
  - Current diagnosis of uncontrolled hyperlipidemia (fasting total blood cholesterol  $\geq 200$  mg/dL, fasting triglycerides  $\geq 200$  mg/dL), may receive treatment for hyperlipidemia as long as on a stable regimen for the previous one month
  - Presence of kidney disease, liver disease, hyperthyroidism, untreated or unstable hypothyroidism, certain cancers, gastrointestinal disease, pancreatic disease, other chronic metabolic diseases or malabsorption syndromes, HIV, or inflammatory conditions (such as arthritis, asthma, Crohn's disease, inflammatory bowel disease, gout, Lupus)
- ... and 11 more (see full listing online)

## Locations (1 total)

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Clinical Research Center, University of Vermont Medical Center, Burlington, Vermont, United States