

# Effect of Chitin and Ascorbic Acid on Dietary Insect Iron Absorption

NCT06822062

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Swiss Distance University of Applied Sciences
<b>Enrollment</b>	25 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Female aged between 18-45 years
- Normal BMI (18.5 - 24.9 kg/m<sup>2</sup>)
- Body weight < 70 kg
- Low iron status (being in the lower half of the serum ferritin distribution at screening)

### Exclusion (12)

- Anaemia (Hb < 12 g/dL)
- Inflammation (CRP > 5.0 mg/L)
- Pregnancy or intention to become pregnant during the study or within 30 days after the discontinuation of the study intervention
- Lactating up to 6 weeks before the study initiation
- Chronic digestive, renal and/or metabolic diseases
- ... and 7 more (see full listing online)

## Locations (1 total)

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ETH Zürich, Zurich, Canton of Zurich, Switzerland