

# Sodium Bicarbonate Intake on Endurance Performance

NCT06826222

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Hacettepe University
Enrollment	19 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Female, aged 18-40.
- Recreational runner with a minimum one-year history of regular training (at least three days per week).
- Experience in races of 10 km or more (verified by an official race result).
- Ability to complete a 10 km distance at an average pace below 6.00 min/km (confirmed through best-record evidence via applications like Strava).

### Exclusion (10)

- Usage of any medications or supplements that could impact metabolism.
- Presence of any acute or chronic condition limiting physical activity (musculoskeletal, cardiovascular, or respiratory issues).
- Alcohol and/or smoking habits.
- Adherence to a specific diet influencing metabolism during the study period (intermittent fasting, ketogenic, vegan diets, etc.).
- Pregnancy or breastfeeding during the study period.
- ... and 5 more (see full listing online)

## Locations (1 total)

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Hacettepe University, Ankara, Ankara, Turkey (Türkiye)