

The Effect of Vicia Faba Hydrolysate Supplementation on Muscle Strength Recovery

NCT06837298

Status	RECRUITING
Phase	Not Applicable
Sponsor	PepsiCo Global R&D
Enrollment	76 participants

Key Eligibility Criteria

Inclusion (12)

- Males and females 18 - 45 years of age.
- Willing to fast overnight on the 4 testing occasions.
- Participants agree to abstain from taking additional supplements throughout the testing period, with particular emphasis placed upon protein-based products (e.g., whey or casein based protein powders; animal derived protein hydrolysates; natural supplements constituted of vegetative protein hydrolysates from rice, fava bean, pea, carrot, spirulina, broccoli, potatoes; marine derived secondary metabolite products or protein hydrolysates including Omega-3 capsules or DHA).
- Moderately active (exercise 3-5 days per week)
- Fluent in reading, writing, and speaking English
- ... and 7 more (see full listing online)

Exclusion (17)

- Individuals that are glucose-6-phosphate-dehydrogenase deficient. The test product in this study contains fava bean extract which may produce favism in genetically susceptible individuals.
- Alcohol or drug abuse in the past year.3. Testosterone or estrogen supplementation (not including women on oral contraceptives)
- Pregnant or nursing or planning to become pregnant.
- Participation in any other clinical trial in the past 30 days. Participation in any PepsiCo trial in the past 6 months
- Volunteers with unstable medical conditions.
- ... and 12 more (see full listing online)

Locations (1 total)

Gatorade Sports Science Institute at IMG Academy, Bradenton, Florida, United States