

# The Effect of Ingesting a Novel Algae Protein Source on Rested and Exercised Muscle Protein Synthesis Rates in Older Adults.

NCT06852547

---

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Exeter
Enrollment	15 participants

## Key Eligibility Criteria

---

### Inclusion (1)

- Males and Females BMI 18.5 - 30 kg/m<sup>2</sup> Aged 65-80 years Recreationally Active

### Exclusion (1)

- Body mass index (BMI) <18.5 or >30 kg/m<sup>2</sup> Any metabolic impairments Any cardiovascular impairments High blood pressure (≥140/90 mmHg) Any gastrointestinal disorders Any medications known to affect protein and/or amino acid metabolism A personal or family history of epilepsy, seizures or schizophrenia, motor disorder Chronic over the counter use of pharmaceuticals (> 1 month) Allergic to any of the whole foods included in the study

## Locations (1 total)

---

Health and Life Sciences, Exeter, United Kingdom