

Sanghuangporus Sanghuang Supplementation to Improve Anti-Fatigue Performance in Healthy Adults

NCT06902662

Status	RECRUITING
Phase	Not Applicable
Sponsor	National Taiwan Sport University
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (7)

- Healthy male participants aged between 20 and 35 years
- Non-smokers and non-drinkers
- Not currently taking any dietary supplements or medications
- Normal liver and kidney function
- No chronic diseases such as cardiovascular disease

... and 2 more (see full listing online)

Exclusion (7)

- Current or past diagnosis of any cardiovascular, liver, kidney, or metabolic disease
- Regular use of dietary supplements, sports nutrition products, or energy drinks
- Known food allergies or intolerances, particularly to mushrooms or herbal products
- Engaging in regular resistance or endurance training in the last 6 months
- Currently taking medications that may interfere with study outcomes

... and 2 more (see full listing online)

Locations (1 total)

National Taiwan Sport University, Graduate Institute of Sports Science, Taoyuan District, Taiwan