

The Impact of Nicotinamide Mononucleotide Sustained-release Tablets on Immunosenescence and Metablism in Middle-aged and Elderly Individuals With Metabolic Disorders.

NCT06907329

Status	RECRUITING
Phase	Not Applicable
Sponsor	Qing Su
Enrollment	126 participants

Key Eligibility Criteria

Inclusion (3)

- Age 50-70 years with overweight or obesity (BMI 24kg/m2);
- At least one of the following three: metabolism-related fatty liver disease (diagnosed by ultrasound); pre-diabetes; type 2 diabetes mellitus with HbA1c \leq 7% without glucose-lowering drug therapy;
- Agreed to participate in the trial and could adhere to the follow-up and visit the hospital on their own; signed the informed consent form.

Exclusion (15)

- Patients with tumours;
- Patients with autoimmune diseases (excluding Hashimoto's thyroiditis);
- Severe cardiovascular disease or cardiac insufficiency;
- Systolic blood pressure \geq 160 mmHg or diastolic blood pressure \geq 100 mmHg;
- Chronic obstructive pulmonary disease;
- ... and 10 more (see full listing online)

Locations (1 total)

Xin Hua Hospital Affiliated to Shanghai Jiao Tong University School of Medicine, Shanghai, China