

Yeast Mannans and Stool Frequency

NCT06911177

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | University of Florida |
| Enrollment | 70 participants |

Key Eligibility Criteria

Inclusion (5)

- Adults who report a stool frequency of ≥ 1 per day.
- Able to provide written informed consent in English.
- Willingness to consume 1 supplement (12 g of yeast mannans or control) daily for 28 days.
- Willingness to maintain their usual diet and physical activity patterns throughout the study and refrain from the consumption of any yeast-based foods (e.g. Marmite or Vegemite) or yeast extract supplements.
- Willing to comply with study procedures, including stool and urine collection.

Exclusion (12)

- Stool frequency of < 3 per week
- Yeast allergy
- Vegan dietary pattern
- Self-reported kidney disease
- Elite athletes or long-distance runners
- ... and 7 more (see full listing online)

Locations (1 total)

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