

L. Acidophilus (Strain TW01) on Gut Health, Body Composition, and Inflammation

NCT06912100

Status	RECRUITING
Phase	Early Phase 1
Sponsor	University of Connecticut
Enrollment	12 participants

Key Eligibility Criteria

Inclusion (5)

- Age 18-60 years
- Body mass index (BMI) between 28 kg/m² and 40 kg/m²
- Waist circumference \leq 88 cm or 35 inches for women, \leq 102 cm or 40 inches for men
- Willing to consume experimental capsules daily
- Willing to prepare and consume the delivered meal kits

Exclusion (6)

- Self-reported history of immunodeficiency, major gastrointestinal surgery, renal or liver disease, diabetes, heart disease, stroke, peripheral artery/vascular disease, cancer, eating disorders, gut-associated pathologies, autoimmune diseases, pacemaker, thyroid disease, gallbladder disease, chronic inflammatory diseases, scleroderma, blood clotting disorders, intravenous drug use
- Weight changes $>$ 10% over the last 4 weeks
- Oral antibiotics and/or probiotics use up to 1 month prior to study and during study
- Currently taking GLP-1 analogues (e.g., Ozempic), anti-inflammatory medications (e.g., corticosteroids), daily use of non-steroidal anti-inflammatory drugs (NSAIDs) (occasional use is permitted), medications which primarily affect blood clotting (e.g., warfarin), or any medications that suppress the immune system.
- Dairy allergy

... and 1 more (see full listing online)

Locations (1 total)

University of Connecticut, Department of Nutritional Sciences, Storrs, Connecticut, United States

<https://clinicaltrials.gov/study/NCT06912100>

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