

Pre-Sleep Creatine Enhances Anaerobic Power in Recreationally Active Females

NCT06937190

Status	RECRUITING
Phase	Not Applicable
Sponsor	Ankara Yildirim Beyaz1t University
Enrollment	24 participants

Key Eligibility Criteria

Inclusion (5)

- Female, aged 18 to 25 years
- Recreationally active (engaging in structured resistance training 3-4 times per week for the past 6 months)
- Regular menstrual cycles (used for scheduling purposes)
- Able and willing to provide informed consent
- Agreement to maintain normal diet and training routines throughout the study

Exclusion (7)

- History of musculoskeletal injury affecting lower or upper limbs within the past 6 months
- Known allergy or intolerance to creatine or maltodextrin
- Use of performance-enhancing substances or supplements within the last 30 days
- Use of recovery modalities such as massage, cryotherapy, or compression garments during the study period
- Current use of anti-inflammatory medication
- ... and 2 more (see full listing online)

Locations (1 total)

Islamic Azad University, Shabestar Branch, Shabestar, East Azerbaijan Province, Iran