

Investigating the Effects of Krill Oil on the Recovery From Muscle Damaging Exercise: a Randomised Controlled Trial

NCT06939244

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Glasgow
Enrollment	32 participants

Key Eligibility Criteria

Inclusion (3)

- Be 60 years old or older
- Have a BMI of less than 30kg/m²
- Participating in resistance-type exercise for less than 1h per week

Exclusion (11)

- Diabetes
- Severe cardiovascular disease defined as arrhythmia, valve disease, coronary artery disease, heart failure, peripheral arterial disease, cerebrovascular disease, congenital heart disease or myocardial infarct.
- Seizure disorders
- Uncontrolled hypertension (blood pressure higher than 150/90mmHg at baseline measurement)
- Cancer or cancer that has been in remission for less than 5 years
- ... and 6 more (see full listing online)

Locations (1 total)

University of Glasgow, Glasgow, Other, United Kingdom