

Effect of a Fermented Dairy Protein With Prebiotic Fiber on GI Complaints

NCT06946017

Status	RECRUITING
Phase	Not Applicable
Sponsor	Arizona State University
Enrollment	114 participants

Key Eligibility Criteria

Inclusion (11)

- Healthy subjects living in the Phoenix area in AZ, USA during the study
- Women/Men aged between 18-50 years (50-50%)
- Recreational competitive and non-competitive athletes (exercise at least 2x per week with a minimal total duration of 2 hours/week)
- BMI value between e18.5 and d 30 kg/m2
- No physical limitations due to an injury (i.e., able to perform all activities associated with daily living and exercise in an independent manner).

... and 6 more (see full listing online)

Exclusion (18)

- Users of (sport) supplements containing probiotics and/or prebiotics and those unwilling to temporarily stop use of these supplements at least 3 weeks prior to start of the intervention
- Women who plan to start or stop the use of contraceptives before or during study period
- Women that have additional or worse GI symptoms during their period that can be classified as severe
- Smoking
- Clinical lactose intolerance

... and 13 more (see full listing online)

Locations (1 total)

ASU Health Futures Center, Phoenix, Arizona, United States

<https://clinicaltrials.gov/study/NCT06946017>

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