

# The Impact of Daily Intake of Short-chain Fatty Acids on Cardiometabolic Risk Factors in Individuals at Risk for Metabolic Syndrome

NCT06951386

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Status	RECRUITING
Phase	Not Applicable
Sponsor	KU Leuven
Enrollment	50 participants

## Key Eligibility Criteria

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### Inclusion (8)

- male and female participants
- central obesity ( BMI  $\leq$  25 kg/m<sup>2</sup> or waist circumference  $\leq$  80 cm for women/  $\leq$  94 cm for men)
- One additional risk factor for metabolic syndrome:
- Insulin resistance (HOMA-IR  $\leq$  1.7 or fasting glucose  $\leq$  100 mg/dl)
- Triglyceride concentration  $\leq$  150 mg/dl
- ... and 3 more (see full listing online)

### Exclusion (10)

- gastrointestinal disorders such as IBD, IBS, celiac disease, chronic constipation, chronic diarrhoea
- history of abdominal surgery, except for appendectomy
- Use of antihypertensive, cholesterol lowering, glucose-regulating drugs and corticosteroids
- Use of antibiotics 3 months prior to the start or during the study
- Use of probiotics and prebiotics 2 weeks prior to the start of the study/ during the study
- ... and 5 more (see full listing online)

## Locations (1 total)

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KU Leuven/ UZ Leuven, Leuven, Vlaams-Brabant, Belgium