

# Comparison of Microbiome Changes in Healthy Adults Following Ketone Ester Consumption

NCT06954675

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of California, San Francisco
Enrollment	20 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Subject is male or female, 18 to 40 years of age, inclusive, at Virtual Visit 1.
- Subject has a self-reported BMI of 18.5 to 39.9 kg/m<sup>2</sup> (inclusive) at Virtual Visit 1.
- Subject is willing and able to comply with all study procedures including maintenance of habitual dietary intake, consumption of study product at specified intervals, written questionnaires including study log and beverage tolerability questionnaire (KETQ), habitual exercise and medication and supplement use.
- Subject has an email address and internet access via computer, phone, or other device, and is willing and able to maintain internet access throughout the trial to complete virtual visits via video conference.
- Subject has no health conditions that would prevent them from fulfilling the study requirements as judged by the Study Clinician on the basis of medical history.

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

### Exclusion (13)

- Subject is unable to converse in English or Spanish
- Subject is unable to provide informed consent due to cognitive impairment or insufficient English or Spanish language comprehension
- Subject has been hospitalized within 30 days of Virtual Visit 1.
- Subject has a history or presence of uncontrolled and/or clinically active pulmonary, cardiac (e.g.  $\geq$  New York Heart Association class III), hepatic, renal, endocrine (including type 1 diabetes), hematologic, immunologic, neurologic (e.g., Alzheimer's or Parkinson's diseases), psychiatric (including unstable depression and/or anxiety disorders) or biliary disorders. Stable chronic disease is not an exclusion criterion unless specified.
- Subject has a clinically important gastrointestinal condition that would potentially interfere with the evaluation of the study beverage [e.g., inflammatory bowel disease, irritable bowel syndrome, chronic constipation, severe constipation (in the opinion of the Study Clinician), history of frequent diarrhea, history of surgery for weight loss, gastroparesis, systemic disease that might affect gut motility according to the Study Clinician, reflux requiring daily medication, history of gastrointestinal ulcers or bleeding, celiac disease, and/or clinically important lactose intolerance].

... and 8 more (see full listing online)

## Locations (1 total)

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UCSF Wayne and Gladys Valley Center for Vision, San Francisco, California, United States

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<https://clinicaltrials.gov/study/NCT06954675>

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