

# The Effect of a Plant-based, Protein-dense Sauce on Essential Amino Acid Concentrations and Gut Fullness in Older Adults

NCT06965699

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Exeter
Enrollment	20 participants

## Key Eligibility Criteria

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### Inclusion (10)

- Aged 60 and over
- Living independently in the community
- Capacity to provide informed consent
- Non-smoking (vaping is considered smoking)
- No known medical conditions that might influence the study outcomes, e.g., heart disease, diabetes mellitus, obesity, disthyroidism and other endocrinopathies and renal failure
- ... and 5 more (see full listing online)

### Exclusion (7)

- Age  $\lt$  60y
- Smoking
- Food allergies
- Cognitive and mobility issues
- Hospitalisation in the last 6 months
- ... and 2 more (see full listing online)

## Locations (1 total)

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University of Exeter, Exeter, Devon, United Kingdom