

# Protein Supplementation Intervention on Body Weight

NCT06989203

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Chinese Academy of Sciences
Enrollment	140 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Aged 20 to 50 years.
- Normal-weight participants:  $18.5 \text{ kg/m}^2 \leq \text{Body Mass Index (BMI)} < 24 \text{ kg/m}^2$ .
- Overweight or obese participants:
- $\text{BMI} \geq 28 \text{ kg/m}^2$ , or  $24 \text{ kg/m}^2 \leq \text{BMI} < 28 \text{ kg/m}^2$  and a clinical diagnosis meeting semaglutide treatment indications (e.g., hyperglycemia, hypertension, dyslipidemia, fatty liver, obstructive sleep apnea, cardiovascular disease, etc.).
- Willingness to participate in this study and provide signed informed consent.

### Exclusion (29)

- Abnormal metabolic indicators (meeting any one of the following criteria is grounds for exclusion):
- $\leq$  Normal weight ( $18.5 \text{ kg/m}^2 \leq \text{BMI} < 24 \text{ kg/m}^2$ ):
- Waist circumference  $\geq 90 \text{ cm}$  for men or  $\geq 85 \text{ cm}$  for women.
- Fasting glucose  $\geq 6.1 \text{ mmol/L}$  or 2-hour postprandial glucose  $\geq 7.8 \text{ mmol/L}$ , or a confirmed diagnosis of diabetes.
- Systolic blood pressure  $\geq 130 \text{ mmHg}$  or diastolic blood pressure  $\geq 85 \text{ mmHg}$ , or currently under antihypertensive treatment.
- ... and 24 more (see full listing online)

## Locations (1 total)

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Tongde Hospital of Zhejiang Province, Hangzhou, Zhejiang, China