

Menthol Stimulation of Brown Adipose Tissue in Humans: Aim 1

NCT07030725

Status	RECRUITING
Phase	Early Phase 1
Sponsor	Indiana University
Enrollment	24 participants

Key Eligibility Criteria

Inclusion (4)

- Fluency in English
- Participate in 150 minutes or more of at least moderate intensity exercise per week during the previous year. Assessment of moderate intensity physical activity will be determined via the International Physical Activity Questionnaire (i.e., IPAQ) (described in detail in Section 7.0). This questionnaire defines moderate intensity exercise as "activities that take moderate physical effort and make you breathe somewhat harder than normal".
- Body fat $\leq 30\%$ as determined by DEXA scan
- Be cleared for physical activity according to the 2020 Physical Activity Readiness Questionnaire (PAR-Q+).

Exclusion (20)

- Any autonomic cardiovascular, metabolic, neurologic, endocrine, or respiratory disease, that, in the opinion of the investigator, would exclude them from participation.
- Previously diagnosed liver and/or kidney dysfunction, including, but not limited to, acute and/or chronic kidney disease, cirrhosis, hepatitis, and fatty liver disease.
- Women who are pregnant or breastfeeding.
- Current use of tobacco or electronic cigarette, or regular (i.e., more than twice a week) use within the last 1 year.
- History of peripheral cold injury, skin disorder (eczema, psoriasis), or excessive tattooing.

... and 15 more (see full listing online)

Locations (1 total)

Indiana University, Bloomington, Indiana, United States