

How Healthy Are Your Oats?

NCT07050680

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Aberdeen
Enrollment	16 participants

Key Eligibility Criteria

Inclusion (1)

- Adult males and females (aged 18 - 65 years) who are healthy with a BMI in the normal to overweight range (18.5-29.9)

Exclusion (10)

- Anyone who currently suffers from gastrointestinal or metabolic diseases, liver disease or kidney disease
- Anyone who currently has an eating disorder (anorexia, bulimia, binge eating, night eating syndrome)
- Anyone who is taking prescribed medication related to gastrointestinal, metabolic, liver or kidney disease
- Anyone who has taken antibiotics in the past 3 months
- Anyone who is allergic or intolerant to oat foods
- ... and 5 more (see full listing online)

Locations (1 total)

Rowett Institute, University of Aberdeen, Aberdeen, United Kingdom