

Probiotic Impact on Cognitive Performance, and Metabolic Outcomes in Overweight Young Adults With Impaired Glucose Regulation

NCT07073781

Status	RECRUITING
Phase	Not Applicable
Sponsor	Leeds Beckett University
Enrollment	70 participants

Key Eligibility Criteria

Inclusion (6)

- Aged 18-40 years
- Body Mass Index (BMI) between 25.0 and 29.9 kg/m² (classified as overweight)
- In good general health (self-reported)
- Normal self-reported sleep patterns, with no history of diagnosed sleep disorders
- Willing and able to provide informed consent

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

Exclusion (8)

- Diagnosed diabetes (any type).
- Diagnosed sleep disorders.
- Fasting glucose ≥ 6.9 mmol/L during screening.
- History of bariatric surgery (e.g., gastric bypass, sleeve gastrectomy).
- Major surgery, significant illness, trauma, infection, or myocardial infarction within the past 6 weeks.

... and 3 more (see full listing online)

Locations (1 total)

Leeds Beckett University, Leeds, Greater Manchester, United Kingdom