

# Feasibility and Potential Efficacy of Herbs and Spices for Improving Dietary Quality in College Students: A Pilot Study

NCT07082348

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Nevada, Las Vegas
Enrollment	30 participants

## Key Eligibility Criteria

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### Inclusion (5)

- College students (undergraduate and graduate)
- Ages 18-39 years
- BMI 18.5-40 kg/m
- Having poor dietary quality (a Rapid Prime Diet Quality Score of 12 or below),
- Maintain current lifestyle habits (e.g., medications/ supplement use, exercise, and sleep), and avoid taking new supplements or medications throughout the study.

### Exclusion (17)

- Individuals diagnosed with myocardial infarction within the past 6 months
- Uncontrolled hypertension
- BMIs  $\lt 18.5$  or  $\gt 40$  kg/m<sup>2</sup>
- Autoimmune disease or immune compromised
- A recent diagnosis of cancer or under current treatment for cancer
- ... and 12 more (see full listing online)

## Locations (1 total)

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Department of Kinesiology and Nutrition Sciences, Las Vegas, Nevada, Las Vegas, Nevada, United States

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<https://clinicaltrials.gov/study/NCT07082348>

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