

The Impact of Pectin Supplementation on Systematic Inflammation Pathway, Gut Microbiome, and Metabolic Health in Patients With Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)

NCT07093346

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Nottingham
Enrollment	45 participants

Key Eligibility Criteria

Inclusion (8)

- Patients with clinical diagnosis of MASLD (formerly termed non-alcoholic fatty liver disease (NAFLD)), having assessment suggesting that liver fat $\geq 5\%$ (e.g. histological evidence or/ and Transient Elastography using Controlled Attenuation Parameter (CAP)- FibroScan™ in the past month and/or liver imaging (such as ultrasound, computerized tomography (CT) or magnetic resonance imaging (MRI)).
- Participants willing and able to give informed consent for participation in the study.
- Participants aged ≥ 18 years who have a body mass index (BMI) between 18.5 and 39.9 kg/m² and stable weight (weight gain or loss ≤ 3 kg) for the past 3 months.
- For diabetic participants: controlled blood glucose levels Haemoglobin A1C (HbA1c) $\leq 7.0\%$ (≤ 53 mmol/mol) [1].
- Able to undergo CAP-FibroScan™.
- ... and 3 more (see full listing online)

Exclusion (23)

- Have allergy toward soya, milk or chocolate.
- Have allergy toward pectin.
- Participants on vegan diet.
- Have eating disorders or difficulties or gastrointestinal conditions e.g. malabsorptive conditions such as coeliac, Irritable Bowel Syndrome (IBS) or Inflammatory Bowel Disease (IBD) or gastroparesis.
- Have chronic malnutrition condition.
- ... and 18 more (see full listing online)

Locations (3 total)

Sir Peter Mansfield Imaging Centre, University of Nottingham, Nottingham, United Kingdom
Nottingham Clinical Research Facility at Nottingham University Hospitals NHS Trust, Nottingham, United Kingdom
University of Nottingham, Nottingham, United Kingdom

<https://clinicaltrials.gov/study/NCT07093346>

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