

Effect of Ketone Esters on Liver Fat Content and Metabolic Function

NCT07097506

Status	RECRUITING
Phase	Phase 2
Sponsor	Washington University School of Medicine
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (3)

- Age: ≥18 and ≤25 years;
- BMI 25.0 - 44.9 kg/m²;
- Intrahepatic triglyceride content >5% assessed by using magnetic resonance imaging-proton density fat fraction (MRI-PDFF).

Exclusion (19)

- HbA1C ≥6.5%;
- taking dietary supplements or medications known to affect our study outcomes including corticosteroids and other drugs associated with steatosis (metformin use will be allowable if participants have taken a stable dose for at least 3 months without any gastrointestinal-related symptoms);
- active eating disorder, any anaphylactic food allergy and/or consuming a very-low-carbohydrate (<50 g/day) diet;
- Fibroscan controlled attenuation parameter (CAP) score <240 dB/m assessed within last 2 months before entering the study;
- recent (<2 months) history of moderate-severe nausea, vomiting, diarrhea, or other significant gastrointestinal symptoms;
- ... and 14 more (see full listing online)

Locations (1 total)

Washington University School of Medicine, St Louis, Missouri, United States