

# Determination of Iron Absorption and Losses in People Living at High Altitude to Investigate the Requirements in This Population Group Using a Newly Developed Technique

NCT07142590

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Diego Moretti
Enrollment	120 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Females and males aged 18-45 y
- BMI: 18 to 25 kg/m<sup>2</sup>
- Body weight <70 kg for females, <85 kg for males
- Plasma ferritin >25 µg/L
- Signed informed consent

### Exclusion (18)

- Hb <12 g/dL (females), Hb <13 g/dL (males), corrected for altitude using the 2024 WHO guidance values for hemoglobin adjustments
- Inflammation (CRP > 5 mg/L)<sup>1</sup>
- Plasma ferritin >150 µg/L for females and >200 µg/L for males
- Chronic disease known to affect iron metabolism
- Chronic medications (except for oral contraceptives)
- ... and 13 more (see full listing online)

## Locations (1 total)

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Fernfachhochschule Schweiz (FFHS), Zurich, Canton of Zurich, Switzerland