

Iron Absorption From Plant Heme Iron

NCT07143890

Status	RECRUITING
Phase	Not Applicable
Sponsor	ETH Zurich
Enrollment	45 participants

Key Eligibility Criteria

Inclusion (3)

- Serum ferritin \lt 45 μ g/L (iron depleted)
- Body weight \lt 70 kg
- Body mass index 18,5 - 24,9 kg/m² (normal weight)

Exclusion (18)

- Hb \lt 120 g/L (anemia)
- CRP \gt 5 μ g/L (inflammation)
- Strict vegan and vegetarians
- Any metabolic, gastrointestinal kidney or chronic disease
- Consumption of mineral and vitamin supplements since screening and over the study period until last blood sample collection
- ... and 13 more (see full listing online)

Locations (1 total)

ETH Zurich, Laboratory of Clinical Biopharmacy, Zurich, Switzerland