

The Impact of Whey Protein on Frailty in Older Adults Classified as Pre-frail

NCT07167277

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | University of Kansas Medical Center |
| Enrollment | 20 participants |

Key Eligibility Criteria

Inclusion (5)

- Pre-frail according to Fried's phenotype
- Age 65 to 85
- Speak English as primary language and able to read and write in English
- Stable medication for e 30 days
- Not already taking whey protein over the past 30 days

Exclusion (11)

- Acute or chronic kidney disease
- Recent major health concerns
- Insulin-requiring diabetes
- Cancer requiring chemotherapy or radiation within the past 5 years
- Cardiac event (i.e., MI, etc.) in the past year
- ... and 6 more (see full listing online)

Locations (1 total)

The University of Kansas Medical Center, Kansas City, Kansas, United States