

Adequate Hydration and Health Outcomes

NCT07179107

Status	RECRUITING
Phase	Not Applicable
Sponsor	Arizona State University
Enrollment	144 participants

Key Eligibility Criteria

Inclusion (4)

- BMI 18.5-24.9 or 30.0-39.9 kg/m²
- HbA1c <7%
- Age 20-65 y
- available for 8 consecutive weeks same day and time

Exclusion (27)

- Diabetes
- HbA1c >7% BMI <18.5, BMI of 25 to <30, or >40 kg/m²
- night shifting work
- losing or gaining weight during the last 2 months (>5 lbs. fluctuation)
- thyroid medication
- ... and 22 more (see full listing online)

Locations (2 total)

- 850 PBC, Phoenix, Arizona, United States
- 850 Phoenix Bioscience Core, Phoenix, Arizona, United States