

# Effects of Chronic Creatine and Beta-Hydroxy-Beta-Methylbutyrate Supplementation on Oxidative Stress, Inflammation, Muscle Strength, and Body Composition in Individuals With Down Syndrome

NCT07213063

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|-------------------|-----------------------|
| <b>Status</b>     | RECRUITING            |
| <b>Phase</b>      | Not Applicable        |
| <b>Sponsor</b>    | Universidad de Burgos |
| <b>Enrollment</b> | 50 participants       |

## Key Eligibility Criteria

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### Inclusion (3)

- **Diagnosis:** Medical confirmation of Down syndrome (trisomy of chromosome 21).
- **Physical capacity:** Ability to perform basic physical tests (e.g., standing up from a chair or walking without assistance).
- **Informed consent:** Informed consent will be obtained from both the participant and their legal representative, in compliance with current legislation for individuals requiring support measures.

### Exclusion (4)

- **Chronic kidney disease:** Diagnosis of chronic kidney disease.
- **Severe motor limitations:** Inability to perform the required physical tests (e.g., paralysis or mobility impairments preventing the execution of muscle strength assessments).
- **Participation in other studies:** Participation in another nutritional or supplementation intervention study within the last 6 months.
- **Allergies or intolerances:** Known allergy to creatine or to components of the placebo (inulin).

## Locations (1 total)

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Universidad de Burgos, Burgos, Burgos, Spain