

Effects of Breathing Training and Nitrate on Exercise at Simulated Altitude

NCT07216755

Status	RECRUITING
Phase	Not Applicable
Sponsor	Embry-Riddle Aeronautical University
Enrollment	80 participants

Key Eligibility Criteria

Inclusion (7)

- Healthy adults between 18 and 40 years old.
 - Recreationally active (performing e3 hours of structured physical activity per week).
 - Non-smokers for at least the past 6 months.
 - Free from any known cardiovascular, pulmonary, metabolic, or neuromuscular disease as determined by health screening questionnaire and medical history.
 - Able to perform cycle ergometer exercise to volitional fatigue.
- ... and 2 more (see full listing online)

Exclusion (7)

- Diagnosis of or history of heart disease, hypertension, diabetes, or chronic respiratory disorders (e.g., asthma, COPD).
 - Current use of medications or supplements known to affect cardiovascular, metabolic, or respiratory function (e.g., beta-blockers, nitrates, stimulants).
 - Smoking, vaping, or tobacco use within the past 6 months.
 - Known allergy or intolerance to beetroot products or nitrates.
 - Participation in another interventional research study within the past 30 days.
- ... and 2 more (see full listing online)

Locations (1 total)

Embry-Riddle Aeronautical University, Daytona Beach, Florida, United States