

Fastomics: Metabolic and Therapeutic Effects of Prolonged Fasting

NCT07216989

Status	RECRUITING
Sponsor	University of Minnesota
Enrollment	15 participants

Key Eligibility Criteria

Inclusion (5)

- Ages of 18-65 years old
- Not pregnant
- No comorbid conditions
- BMI of 18.5-29.9.
- Has a smartphone

Exclusion (5)

- Concern for active eating disorder per screening questionnaire
- Self-reported eating disorder or history of eating disorder
- History of hypoglycemia or contraindication for Prolonged Fasting
- Weight <120lbs
- History of blood donation within the last 3 months.

Locations (1 total)

University of Minnesota, Minneapolis, Minnesota, United States