

Effects of a Collagen Supplement on Quality of Life, Appetite and Glycaemic Control

NCT07229014

Status	RECRUITING
Phase	Not Applicable
Sponsor	King's College London
Enrollment	100 participants

Key Eligibility Criteria

Inclusion (9)

- Subject is a healthy (as assessed by medical history) male or female adult, aged 18-65 years and overweight or obese (BMI 25 - 40 kg/m²).
 - Subject has an impaired quality of life, as determined by scoring at least a total of 9 on the following questions:
 - In the past 4 weeks, did you feel you had a lot of energy? All of the time (1), most of the time (2), a good bit of the time (3), some of the time (4), a little of the time (5), and none of the time (6) (number 27 from SF-36 questionnaire) Version 3.0 \[01/10/2025\] Page 11 of 20
 - In the past 4 weeks, have you felt calm and peaceful? All of the time (1), most of the time (2), a good bit of the time (3), some of the time (4), a little of the time (5), and none of the time (6) (number 26 from SF-36 questionnaire)
 - In the past 2 weeks, did you have any difficulties with sleeping? Not at all (1), small amounts (2), moderate amounts (3), a great deal (4), an extreme amount (5), all the time (6) (number 3 from WHOQoL-100)
- ... and 4 more (see full listing online)

Exclusion (12)

- Participant has a history or presence of uncontrolled and/or clinically important pulmonary, cardiac, hepatic, renal, endocrine (including type 1 and 2 diabetes), hematologic, immunologic, neurologic (e.g., Alzheimer's or Parkinson's diseases), psychiatric (including unstable depression and/or anxiety disorders) or biliary disorders.
 - Participant has a clinically important gastrointestinal (GI) condition that would potentially interfere with the evaluation of the study product \[e.g., inflammatory bowel disease, irritable bowel syndrome, chronic constipation, severe constipation (in the opinion of the investigator), history of frequent diarrhoea, history of surgery for weight loss, gastroparesis, systemic disease that might affect gut motility according to the investigator, medication managed reflux and/or clinically important lactose intolerance.
 - Participant has a history of chronic insomnia (defined as insomnia at least 3 d/week over the past month), a diagnosed sleep disorder (e.g., OSA), or a chronic medical condition that may impact energy/fatigue levels, in the judgment of the investigator.
 - Participant is a female who is pregnant, planning to be pregnant during the study period, lactating, or is of childbearing potential and is unwilling to commit to the use of a medically approved form of contraception throughout the study period. The method of contraception must be recorded.
 - Participant has a known allergy, intolerance, or sensitivity to any of the ingredients in the study product, including bovine animal products.
- ... and 7 more (see full listing online)

Locations (1 total)

Metabolic Research Unit (KCL, Waterloo Campus), London, London, United Kingdom

<https://clinicaltrials.gov/study/NCT07229014>

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