

Supplement and Exercise Effects on Stationary Immunity and Health in Older Adults

NCT07251244

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Valencia
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (7)

- Adults aged 65 years or older
- Functional independence, defined as the ability to perform activities of daily living without assistance
- Sufficient cognitive capacity to understand instructions and complete questionnaires, assessed through interview or brief cognitive screening if necessary
- Not immunosuppressed
- Not regular users of antioxidant or immunomodulatory supplements
- ... and 2 more (see full listing online)

Exclusion (7)

- Active autoimmune diseases or clinically relevant immunosuppression
- Use of corticosteroids or immunosuppressive drugs in the 4 weeks prior to study initiation
- Active infection or compatible symptoms (fever, cough, diarrhea) in the 2 weeks prior to any measurement
- Unstable cardiovascular conditions or medical contraindications for moderate physical exercise
- Moderate to severe cognitive impairment that prevents proper participation in the scheduled activities
- ... and 2 more (see full listing online)

Locations (1 total)

Physical activity and Sport Science Faculty, Valencia, Valencia, Valencia, Valencia, Spain