

Effect of a Short-term Multi-strain Probiotic Supplementation in Endurance Athletes

NCT07252778

Status	RECRUITING
Phase	Phase 2, Phase 3
Sponsor	Krzysztof Durkalec-Michalski
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (6)

- belonging to the national rowing team;
- training experience e5 years;
- a currently issued medical certificate confirming
- good health and capacity to practice sports;
- good health without chronic health disorders;
- ... and 1 more (see full listing online)

Exclusion (11)

- injury, any health contraindication or failure to perform exercise procedures;
- gastrointestinal infections, diseases, disorders;
- past history of gastrointestinal surgery, and
- other self-reported gastrointestinal issues;
- reporting symptoms of infection or taking any medication (e.g. antibiotics) for 4 weeks before the study protocol;
- ... and 6 more (see full listing online)

Locations (1 total)

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