

Menstrual Cycle vs. Oral Contraceptives: Effects on Muscle Protein Metabolism After Resistance Exercise

NCT07258576

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Toronto
Enrollment	20 participants

Key Eligibility Criteria

Inclusion (6)

- Age: 18-40 years
- BMI between 18.5-29.9 kg/m² (non-obese)
- Recreationally active (resistance train minimum twice a week)
- Using monophasic or triphasic oral contraceptives for >1 year (for oral contraceptive users)
- Have regular menstrual cycles (21-35 days) for the past 3 months and discontinued any hormonal contraceptive use for at least 6 months (non-oral contraceptive users)
- ... and 1 more (see full listing online)

Exclusion (9)

- Mid-luteal progesterone levels <16umol
- Chronic disease diagnosis (cardiovascular, thyroid, diabetes)
- Current or recent remission of cancer
- Regular use of non-steroidal anti-inflammatory drugs (NSAIDs; except low-dose aspirin), anticoagulants
- Use of prescription drugs that would impact muscle protein synthesis, e.g. Statins, Lithium, ADHD medication.
- ... and 4 more (see full listing online)

Locations (1 total)

Goldring Center for High Performance Sport, Toronto, Ontario, Canada