

Impact of Beta-glucan Supplementation During Calorie and Carbohydrate-restricted Diet on Body Weight and Body Fat Loss, Appetite, and Gastrointestinal Appetite Hormones.

NCT07299942

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

Key Eligibility Criteria

Inclusion (3)

- Healthy females living with overweight or obese (BMI of 25 - 39.9 kg/m²).
- Age between 18 to 60 years.
- Stable body weight for at least 3 months preceding the study.

Exclusion (7)

- Smokers
- Irregular menstrual cycle
- Exercising more than 75min a week
- Pregnant or lactating
- Food allergies

... and 2 more (see full listing online)

Locations (1 total)

Human Nutrition, College of Medicine, Veterinary and Life Science,, Glasgow, United Kingdom