

Effects of NR Supplementation on Metabolic Flexibility in Zone 2 Training

NCT07344636

Status	RECRUITING
Phase	Not Applicable
Sponsor	ZHANG Jiaqi
Enrollment	16 participants

Key Eligibility Criteria

Inclusion (2)

- Over 18 years old
- BMI \leq 30 kg/m²

Exclusion (3)

- Present of health conditions that contraindicate participation in exercise training, such as a history of cardiovascular disease, cancer, or musculoskeletal disorders
- Currently taking vitamin B supplements and/or NAD precursors
- Taking medication that may affect the test results

Locations (1 total)

G02, Kwok Sports Building, The Chinese University of Hong Kong, Hong Kong, Please Select, China