

# Impact of Haskap Berries on Recovery From High Intensity Resistance Training

NCT07344727

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Montana State University
Enrollment	30 participants

## Key Eligibility Criteria

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### Inclusion (2)

- + years of barbell squat experience
- Currently squatting at least once a week

### Exclusion (9)

- BMI  $<18$  or  $> 40$  kg/m<sup>2</sup>
- potential allergy to Haskap or placebo ingredients
- anti-inflammatory, weight loss, anabolic steroids, testosterone, or other drugs that may interfere with the measures of the study or any other medications that may interfere with study measures
- pregnant or lactating woman
- diagnosis with type 1 or type 2 diabetes, hypo-/hyperthyroidism or any other condition that may interfere with study measures
- ... and 4 more (see full listing online)

## Locations (1 total)

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Montana State University, Bozeman, Montana, United States