

# The Effect of Vitamin C Supplementation on Gut Microbiota Composition and Function in Healthy Adults

NCT07388121

---

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Glasgow
Enrollment	23 participants

## Key Eligibility Criteria

---

### Inclusion (3)

- Healthy individuals aged 18-65 years with a BMI between 18.5-35 Kg/m<sup>2</sup>
- Self-reported good health with no chronic conditions requiring regular medical care
- Willing to provide blood, urine, and stool samples at multiple time points

### Exclusion (10)

- Aged <18 or >65 years
- Smoking
- Chronic illness requiring regular medication or GP visits
- Current or recent medication affecting gut transit or digestion
- Major gastrointestinal surgery

... and 5 more (see full listing online)

## Locations (1 total)

---

New Lister Building, Glasgow Royal Infirmary, 10-16 Alexandra Parade, G31 2ER, Glasgow, United Kingdom