

Evaluation of Gut-Related Well-Being and Mood Effects of a Daily Nutritional Food Ingredient From the Co-Fermentation of Fungal Mycelium (*Pleurotus Pulmonarius*) and Microalgae (*Chlorella Vulgaris*)

NCT07407777

Status	RECRUITING
Phase	Not Applicable
Sponsor	Koralo GmbH
Enrollment	80 participants

Key Eligibility Criteria

Inclusion (8)

- Adults aged 18 years or older
- Generally healthy individuals
- Experience minor, non-clinical gastrointestinal discomfort at least twice per week for e3 months
- Willing to consume the study product once daily for 30 days
- Able to dissolve and consume the powdered product in a beverage
- ... and 3 more (see full listing online)

Exclusion (8)

- Diagnosed gastrointestinal disease (e.g., IBS, IBD, GERD requiring medication)
- Use of medications affecting gastrointestinal function or mood within the past 30 days
- Initiation of new gut-, immune-, or mood-related supplements within 15 days prior to study start
- Known allergy or sensitivity to study product components
- Pregnancy or breastfeeding
- ... and 3 more (see full listing online)

Locations (1 total)

Alethios, Inc., San Francisco, California, United States