

Acute Effect of Apple Cider Vinegar on Postprandial Plasma Malondialdehyde in Adult With Obesity

NCT07414875

Status	RECRUITING
Phase	Not Applicable
Sponsor	Indonesia University
Enrollment	46 participants

Key Eligibility Criteria

Inclusion (5)

- Adults aged 19-59 years.
- Obese, based on a BMI of ≥ 25.0 kg/m² (according to the Asia-Pacific classification).
- In good general health.
- No diagnosed chronic diseases (e.g diabetes mellitus, heart disease, kidney disease, cancer, hepatitis, or chronic infections).
- Willing to participate in the entire study and sign an informed consent form.

Exclusion (3)

- Pregnant, breastfeeding, or menopausal women.
- Alcohol consumption.
- Intolerance to apple cider vinegar or fermented products.

Locations (1 total)

Ministry of Youth and Sports of the Republic of Indonesia (KEMENPORA RI), Jakarta, Indonesia