

Cranberry Polyphenols and Stress Resilience During Multitasking in Healthy Adults

NCT07453537

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Florida
Enrollment	84 participants

Key Eligibility Criteria

Inclusion (4)

- At least 110 pounds
- Between 30 and 55 years
- BMI between 18.9 and 29.9 kg/m²
- A minimum education level of high school or above

Exclusion (16)

- Heavy caffeine users (consuming more than 300 mg/day or more than two cups of coffee per day)
- Alcohol consumption exceeding three drinks per week
- A smoking history of 10 years or more, or current use of cannabis products
- Uncontrolled hypertension
- Clinically diagnosed illnesses such as diabetes, cardiovascular disease, neurological disorders, or mental health conditions
- ... and 11 more (see full listing online)

Locations (1 total)

University of Florida, Gainesville, Florida, United States