

Effects of Cranberry on Gut and Metabolic Health

NCT07460856

Status	RECRUITING
Phase	Not Applicable
Sponsor	Laval University
Enrollment	73 participants

Key Eligibility Criteria

Inclusion (2)

- body mass index between 25 and 40 kg/m²
- at least one of the following criteria: fasting plasma insulin ≥ 60 pmol/L, fasting glycemia between 5.5 and 6.9 mmol/L, glycosylated hemoglobin (HbA1c) level of 5.7- 6.4% and/or fasting triglyceride ≥ 1.35 mmol/L.

Exclusion (9)

- to have aversion to cranberry products
- regularly drinking alcohol (≥ 2 glasses/day)
- having a significant change in body weight in the past 3 months ($\pm 5\%$ of their body weight) due to bariatric surgery or other conditions
- taking medication which may affect the study outcomes (i.e. antidiabetic and/or cholesterol or lipid-lowering medications and/or glucocorticosteroid in supraphysiological doses and/or anti-obesity medications)
- taking regular probiotics and prebiotics (including fruit/berry polyphenol supplements) in the past 3 months
- ... and 4 more (see full listing online)

Locations (1 total)

INAF, Université Laval, Québec, Quebec, Canada