

# 30 Day Insulin Balance Metabolic Health Optimization Protocol

NCT07478497

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Efforia, Inc
Enrollment	100 participants

## Key Eligibility Criteria

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### Inclusion (3)

- Adults 18+ who are generally healthy
- Ability to read and comprehend English
- Ability to willfully consent and follow study procedures and tasks

### Exclusion (9)

- Individuals with Known Allergies
- Pregnant or Nursing Individuals
- Individuals with Insulin Disorders
- Individuals with GI Disorders
- Individuals with Mental Health Conditions
- ... and 4 more (see full listing online)

## Locations (1 total)

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Efforia, New York, New York, United States