

Berberine Supplementation, Sprint Interval Training, and Immune Function Study

NCT07480018

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Northern Colorado
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (3)

- Males and Females
- Aged 18-45
- DASS-21 subscale scores indicating "Mild" or greater category for Depression e 10, Anxiety e 7, and Stress e 11

Exclusion (8)

- Regular berberine intake in the last 2 months
- Performs SIT regularly in the last month
- Pregnant or planning to become pregnant
- Chronic use of anti-inflammatory medication or medications that affect liver metabolism
- Prior history of chronic conditions such as Cardiovascular Disease, Diabetes, and Cancer
- ... and 3 more (see full listing online)

Locations (1 total)

University of Northern Colorado, Greeley, Colorado, United States