

# Impact of Training Load on the Gut miCrobiome And Its Relation to exeRcise Performance, mUscle Phenotype, and markerS of Over-reaching in Healthy Men

NCT07481578

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Stefan De Smet
Enrollment	45 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Males between 18 and 45 years old.
- Recreationally active individuals, with a weekly exercise training volume between one and six hours per week.
- Good health status confirmed by a sport medical screening, which includes a sport medical questionnaire and resting electrocardiogram.
- Body Mass Index (BMI) between 18.5 and 27.5 kg/m<sup>2</sup>.
- Masters the Dutch language.

### Exclusion (12)

- Engagement in strenuous competitive sports one month prior to or during the study intervention.
- Medication and vaccination: Pro- or antibiotic treatment during the past three months, non-steroidal anti-inflammatory drugs (NSAIDs) or cholestyramine during the past month, drugs interfering with intestinal permeability (e.g., prokinetics, laxatives, lubiprostone, loperamide, anti-spasmodics, linaclotide, proton pump inhibitors) during the past month. Vaccinations within one month prior to or during the study intervention.
- Blood donations within three months or plasma donation within one month prior to or during the study intervention.
- Inflammatory bowel disease (Crohn or colitis ulcerosa) or celiac disease.
- Diagnosed irritable bowel syndrome.

... and 7 more (see full listing online)

## Locations (1 total)

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