

# Energy Dense Fueling for Cold-Weather Operations

NCT07489690

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	United States Army Research Institute of Environmental Medicine
<b>Enrollment</b>	8 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Physically active (exercise minimum 2 days per week)
- Have supervisor approval (permanent party military and civilians at NSSC)
- Willing to refrain from alcohol, nicotine products and dietary supplement use while on study diets
- Females must have normal menstrual cycles between 26-32 days in duration; 5 menstrual cycles within the past 6 months; or using oral/hormonal contraceptive which contains low-dose estrogen/progesterone to maintain continuous levels throughout the 28-day cycle (i.e., no placebos)
- Only consume caffeine products while on study diets if provided by study staff

... and 2 more (see full listing online)

### Exclusion (15)

- Metabolic or cardiovascular abnormalities, gastrointestinal disorders (i.e., kidney disease, diabetes, cardiovascular disease, hypertension etc.) that is unsuitable for the study determined by OMSO
- Disease or medication (i.e., diabetes medications, statins, corticosteroids, etc) that affects macronutrient utilization and/or the ability to participate in strenuous exercise
- Allergies or intolerance to foods (including but not limited to lactose intolerance/milk allergy), vegetarian practices
- Present condition of alcoholism, anabolic steroids (testosterone, enanthate, undecanoate, etc), or other substance abuse issues
- Unwilling to stop use of nutritional/sports supplements (creatine, multivitamins, whey etc.) while enrolled in the study

... and 10 more (see full listing online)

## Locations (1 total)

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USARIEM, Natick, Massachusetts, United States

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<https://clinicaltrials.gov/study/NCT07489690>

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