

# Anti-Inflammatory Effects of Pecan Nut Oil Supplementation in Adults With Overweight: A Randomized Controlled Parallel-Group Clinical Trial

NCT07497555

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Universidad Autonoma de Nuevo Leon
<b>Enrollment</b>	50 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Adults aged 18 to 65 years
- Body mass index (BMI)  $\geq 25$  and  $< 30$  kg/m<sup>2</sup> (overweight)
- Willingness to participate and provide written informed consent
- Ability to comply with study procedures and attend scheduled visits
- Stable dietary habits and physical activity levels during the study period

### Exclusion (7)

- Diagnosis of chronic diseases such as diabetes mellitus, cardiovascular disease, liver disease, renal disease, or autoimmune disorders
- Use of anti-inflammatory medications, lipid-lowering drugs, or dietary supplements within the last 3 months
- Smoking or excessive alcohol consumption
- Pregnancy or lactation
- Known allergy or intolerance to nuts or nut-derived products
- ... and 2 more (see full listing online)

## Locations (1 total)

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Facultad de Salud Pública y Nutrición, Universidad Autónoma de Nuevo León, Monterrey, Nuevo León, Mexico