

# Dose-Response Impact of Geranylgeraniol (GG) Supplementation on Muscle Health

NCT07502924

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Lindenwood University
Enrollment	70 participants

## Key Eligibility Criteria

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### Inclusion (8)

- Between 30 and 60 years old.
- Body mass index values will range from  $\geq 18.5$  and  $< 29.9$  kg/m<sup>2</sup>
- Subject agrees to maintain their existing dietary patterns throughout the study period.
- Subject agrees to refrain from alcohol, caffeine, and strenuous exercise for 24 hours prior to each test day.
- Is physically active, defined as at least 30 min of moderate exercise on at least 4 days a week.

... and 3 more (see full listing online)

### Exclusion (22)

- BMI  $< 18.5$  or  $\geq 29.9$  kg/m<sup>2</sup>
- Positive medical history and/or is currently being treated for some form of heart disease, cardiovascular disease, kidney disease, renal failure, or has dialysis performed on regular intervals, Type I or Type II diabetes (determined as fasting blood glucose  $\geq 126$  mg/dL), thyroid disease, liver disease or some form of clinically diagnosed hepatic impairment, immune disorder (i.e., HIV/AIDS), or neurological condition or disease.
- Diagnosed with any affective disorder or other psychiatric disorder that required hospitalization in the prior year.
- History of cancer (except localized skin cancer without metastases or in situ cervical cancer within 5 years prior to screening visit).
- Participant has an abnormality or obstruction of the gastrointestinal tract precluding swallowing (e.g., dysphagia) and digestion (e.g., known intestinal malabsorption, celiac disease, inflammatory bowel disease, chronic pancreatitis, steatorrhea)

... and 17 more (see full listing online)

## Locations (1 total)

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Lindenwood University Exercise and Performance Nutrition Laboratory, Saint Charles, Missouri, United States

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<https://clinicaltrials.gov/study/NCT07502924>

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