

Effects of Food Intake Sequence on Substrate Utilisation and Endurance Performance

NCT07503990

Status	RECRUITING
Phase	Not Applicable
Sponsor	Universidade do Porto
Enrollment	19 participants

Key Eligibility Criteria

Inclusion (3)

- Adult (18-64 years old)
- Men
- Endurance-trained athletes (meeting training and performance caliber criteria eTier 2; McKay et al., 2022)

Exclusion (7)

- Normal glucose tolerant according to the latest criteria established by the American Diabetes Association (2024): HbA1c \leq 5.7%, fasting plasma glucose \leq 5.6 mmol/L (100 mg/dL) or 2-h plasma glucose \leq 7.8 mmol/L (140 mg/dL) during a 75-g OGTT
- Able and willing to provide informed consent and safely comply with study procedures
- Any medical condition or behaviour deemed either to pose undue personal risk to the participant or introduce bias into the experiment (e.g. cardiovascular disease; alcohol or substance abuse; any condition affecting the glucose or lipid metabolism, reviewed on a case by case basis)
- Any reported medication or supplementation that may interfere with the glucose metabolism (e.g., acarbose, insulin, metformin, semaglutide, thiazolidinediones, sulfonylureas, corticosteroids, thiazide diuretics) or lipid metabolism (e.g., statins, nicotinic acid, colestyramine anhydrous, ezetimibe, fibrates, L-carnitine). Other medication and supplementation will be reviewed on a case by case basis.
- Known food allergy, intolerance or hypersensitivity to any of the test meal ingredients
- ... and 2 more (see full listing online)

Locations (1 total)

Cidade do Futebol, Lisbon, Oeiras, Portugal