

# Effects of Physical Exercise and a Nutritional Supplement on Body Composition, Metabolic Function, and Overall Health in Adults With a Metabolically Challenging Profile

NCT07504068

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Valencia
Enrollment	70 participants

## Key Eligibility Criteria

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### Inclusion (20)

- Age: Between 50 and 65 years at the time of screening.
  - Weight status (non-obese): Body mass index (BMI) between 25.0 and 29.9 kg/m<sup>2</sup> (overweight range, without clinical obesity).
  - Metabolically challenged profile (non-obese): Presence of at least two of the following criteria, in addition to the specified BMI range:
    - A) Altered body composition (primary criterion): Body fat percentage  $\leq$  30% in women or  $\leq$  25% in men, assessed by DXA.
    - B) Borderline metabolic markers (one or more):
- ... and 15 more (see full listing online)

### Exclusion (23)

- Clinical obesity or anthropometric extremes:
  - BMI  $\geq$  30.0 kg/m<sup>2</sup> (obesity).
  - Any weight-related or clinical condition that, in the judgment of the principal investigator, contraindicates participation.
  - Relevant or uncontrolled chronic diseases:
  - Previous diagnosis of type 1 or type 2 diabetes mellitus.
- ... and 18 more (see full listing online)

## Locations (1 total)

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Physical activity and Sport Science Faculty, Valencia, Valencia, Spain