Increasing bioavailability of fat-soluble micronutrients from salads by adding special dressings.

Published: 20-09-2010
Last updated: 03-05-2024

Bioavailability of micronutrients in special dressings.

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON34289

Source
ToetsingOnline

Brief title
Bioavailability dressing

Condition

- Other condition

Synonym
Not applicable

Health condition

Geen aandoening (voedingsonderzoek)

Research involving
Human

Sponsors and support

Primary sponsor: Unilever
Source(s) of monetary or material Support: Unilever Research & Development Vlaardingen BV financiert het hele onderzoek

Intervention

Keyword: Bioavailability, Fat-soluble micronutrients

Outcome measures

Primary outcome

Bioavailability of micronutrients measured as the area under the ''

concentration micronutrients in plasma chylomicrons'' versus time curve (0-9

hours, 7 samples).

Secondary outcome

not applicable

Study description

Background summary

The term bioavailability is used to explain the nutrient part that is available in the body. The biological availability of fat-soluble micronutrients in salad is remarkable low.

Study objective

Bioavailability of micronutrients in special dressings.

Study design

The subjects will eat 3 times a standard salad with one of the three test-dressings in a double blind, randomised, full cross-over design.

Intervention

250 grams of the test salad approximately 50 g spinach, 50 g romaine lettuce,

70 g raw shredded carrots, and 80 g of raw cherry tomato with added test dressing.

Study burden and risks

Selection
1x selection questionnaire

Screening
1x questionnaire
1x length and weight
1x normal blood withdrawal
1x informed consent

During intervention
3x health and lifestyle questionnaire.
3x placing a canula and 7 times blood withdrawal (in total 21 blood withdrawals, 12 ml each time)
3x diet restriction: Unilever will provide food during the 3 times. Besides, subjects have to write down what they eat (first period) or repeat what in the first period is eaten. On the test days a portion of salad (250 gram) with test-dressing will be eaten as breakfast.

Risk: 3 x placing canule for blood withdrawal.

Contacts

Public
Unilever

Olivier van Noortlaan 120
3133 AT Vlaardingen
Nederland
Scientific
Unilever

Olivier van Noortlaan 120
3133 AT Vlaardingen
Nederland

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

Healthy, not smoking men between 18-60 year old with a BMI between 18,5-30 kg/m2

Exclusion criteria

Chronic disease or know food allergy

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Double blinded (masking used)
Control:	Active
Primary purpose:	Other

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	23-11-2010

Enrollment:	12
Type:	Actual

Ethics review

Approved WMO Date:	20-09-2010
Application type:	First submission
Review commission:	METC Brabant (Tilburg)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
CCMO	NL33681.028.10