



PARTICIPANTS NEEDED

Military Nutrition Research Study



Why: To determine the effects of a high fiber dietary supplement on exercise endurance.

Where: U.S. Army Research Institute of Medicine, Natick, MA

What: 6 week study (~50 hours in the lab)

- Consume a nutritional supplement or placebo for 1 week each
- Eat a provided diet for two non-consecutive weeks
- Complete prescribed exercise and exercise testing on two non-consecutive weeks
- Blood, urine, fecal and muscle samples



ELIGIBILITY

- Healthy male or non-pregnant female, 18-39 years old or 17-39 years old if Active Duty.
- Regularly exercise ≥ 4 days/week.
- Meet Army weight for height and body composition standards as defined in Army Regulation 600-9.
- Are not vegetarian and not following a highly restrictive diet (e.g., keto or Paleo diet)
- Are willing and able to:
 - Exercise at a moderate intensity for 90 minutes and run 3.1 miles
 - Provide blood, urine, fecal and muscle samples
 - Eat the study dietary supplement and a provided diet during two non-consecutive weeks
 - Follow a prescribed exercise routine on two non-consecutive weeks
 - Not consume probiotic containing foods like yogurt, and not take dietary supplements at least 2 weeks before and throughout study participation
 - Not consume caffeine and alcohol or use any nicotine-containing products for two non-consecutive weeks

COMPENSATION

Up to \$1200 (Active Duty and Federal Employees who participate while on duty: up to \$800)

CONTACT

Email the Military Nutrition Study Coordinators:
USARMY.USARIEM-MNDstudies@health.mil
and reference the Fiber Study!

Fiber Study:
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