v. 04 Dec 2025

# Volunteers Needed

## for a Ketone-Altitude Study

### examining the effects of a ketone beverage on physiological responses at altitude

### You may be eligible if you…

- ❑ Are healthy
- ❑ Are between the ages of 18-40
- ❑ Exercise at least 2x per week
- ❑ Are able to run 2 miles under 21 mins
- ❑ Were **NOT** born at an altitude greater than 2,100m (around 7,000 ft)

### Are willing to…

- ✓ Drink a ketone beverage and a flavor-matched placebo for separate altitude trials
- ✓ Spend approximately 4.5 hours in an altitude chamber (the size of a dorm room) at simulated 14,107 feet on 3 occasions
- ✓ Perform light walking and self-paced running treadmill exercise
- ✓ Provide blood samples

### Time commitment:

- ❖ 6 visits over approximately 4 weeks

*You may be eligible!*

*You may be eligible for compensation (up to $1725)*

### Contact


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