

Participants Needed for a Military Nutrition Research Study

Determining optimal energy substrate to enhance postprandial protein kinetic responses to EAA-enriched whey during energy deficit

Volunteering will involve:

- ~ 18 day time commitment, with ~ 18 lab visits
- Consuming controlled study diets that include foods from military rations and commercially available foods for 10 days
- 3 days following diet instructions at home
- 4 days on a diet that provides the amount of food you normally eat
- 6 days on a diet that provides a lower amount of food than you normally eat
- Blood draws
- Urine collections
- Muscle biopsies
- Almost daily bike exercise during controlled diets

Compensation: Participation in this study could earn up to \$1092.00

You may be eligible if the following apply to you:

- Men/Women aged 18-35 years
- Weight stable for the past 2 months (\pm ~5lbs)
- BMI < 30 kg/m²
- Healthy, without chronic illness, muscle or bone injury
- Performing aerobic and/or body weight/resistance exercise at least twice/week for the past 6 months
- During study willing to refrain from:
 - Alcohol, nicotine products, dietary supplements
- Federal civilian employees and non-HRV Active Duty military working within NSSC must have supervisor approval

For more information please contact:

Principal Investigator:

Dr. Jess Gwin

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