Study Overview – Blood Flow Study

EPNL
Exercise and Performance Nutrition Laboratory
LINDENWOOD UNIVERSITY

Participants Contact EPNL or Complete Pre-Screening Form

Weekly Online Check-ins for Supplement Compliance, Adverse Events, Other Concerns

Visit 1
~30 minutes

- *Sign Consent*
- *Determine Eligibility*
- *Review Health History*
- *Hemodynamics*
- *Body Composition*

Randomization

- Glucosyl-hesperidin (400mg)
- Glucosyl-hesperidin (200mg)
- Placebo

Visit 2a – (Day 1)
~2.5 hours

- *Wt/HR/BP*
- *Body Composition*
- *Blood Collection*
- *Consume 1 dose of supplement*
- *Complete questionnaires (mood, quality of life, sleep quality), ultrasound blood flow, and cognition measures (0-, 30-, 60-mins after consuming supplement)*
- *Peak VO_2*

Visit 2b (24-72h post Visit 2a)
~1.5 hours

- *Wt/HR/BP*
- *Consume 1 dose of supplement*
- *18-min stationary bike exercise (@30-80% VO_2)*
- *30-sec cycling anaerobic capacity*

Visit 3a (Day 56)
~2.5 hours

- *Identical to Visit 2a*

Visit 3b (24-72h post Visit 3a)
~1.5 hours

- *Identical to Visit 3a*
- *Complete Compensation Paperwork*

Notes: Supplement daily for 8 weeks (~56 days)