
PARTICIPANTS WANTED FOR AN EXERCISE STUDY



Can a ketone supplement affect your cycling performance?

Eligibility:

- Adults between the ages of 18-60 years not on a ketogenic diet.
- Currently cycling >5 hours per week and ≥ 3 days per week.
- Experience in competitive cycling or time trials or racing.
- Estimated $VO_{2peak} > 55$ for males and > 48 ml/kg/min for females.

You will undergo:

- One VO_{2peak} test and 3 cycling performance test trials.
- Blood sampling over the course of 2 trials.
- Wearing a continuous glucose monitor on your arm for ~8 days.

Total time commitment for this study is ~5.5 hours over 4 weeks.
You will receive **an honorarium** for your participation.

If interested, please contact **Devin McCarthy** at mccartdg@mcmaster.ca. This research study has been reviewed by the Hamilton Integrated Research Ethics Board under REB #13837

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