

Participants Needed for Study

We are recruiting individuals to participate in a study investigating the impact of a natural supplement on muscle mass during single-leg immobilization.

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Eligibility

- Male (20-25 years of age)
- Generally healthy
- Non-smoker



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What to do

- Natural supplement (protein-fat complex) intake
- Wearing a knee brace on one leg for 2 weeks
- Strength and Body composition assessment
- Muscle biopsy
- Blood draw

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Time Commitment

- 5 visits to McMaster University (total ~17 hours) for 6 weeks

You will receive financial remuneration for your time

**If interested, please contact:
Dr. Changyun Lim at limc16@mcmaster.ca**

Principal Investigator: Dr. Stuart M. Phillips

This research study has been reviewed by the Hamilton Integrated Research Ethics Board under project #7935