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.

Eligibility

1. Male (20-25 years of age)
2. Generally healthy
3. Non-smoker

What to do

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

Time Commitment

1. 5 visits to McMaster University (total ~17 hours) for 6 weeks

You will receive financial remuneration for your time

If interested, please contact:
Dr. Changhyun 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