



PARTICIPANTS NEEDED

Military Nutrition Research Study

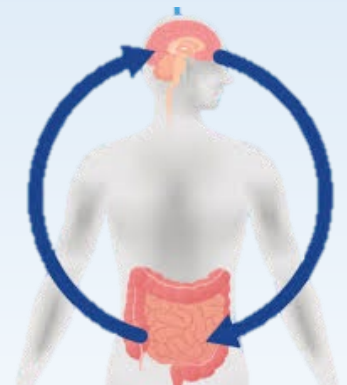
GUT-BRAIN STUDY

Why: To determine the effects of nutritional supplements on gut bacteria, gastrointestinal health, mood, and cognitive function.

Where: U.S. Army Research Institute of Medicine, Natick, MA

What: 6 week study (~20 lab visits and ~25 hours)

- Consume a nutritional supplement for 4 weeks
- Eat a provided diet for 1 week
- Exercise and cognitive testing
- Decision making testing in virtual reality dome
- Blood, urine, saliva, and fecal samples



ELIGIBILITY

- Are a healthy male or female, 18-39 years old
- Meet Army weight for height and body composition standards.
- Physically active
 - If civilian, ≥ 4 days/week aerobic and/or resistance exercise.
 - If military, passed most recent Physical Fitness Test
- Have normal vision (with or without glasses) and hearing
- Not vegetarian
- Not following a highly restrictive diet (e.g., keto or Paleo diet)
- Are willing and able to:
 - Eat the study nutritional supplement
 - Follow a provided diet for 7 days
 - Not consume probiotic containing foods like yogurt, and not take dietary supplements throughout study
 - Not consume any caffeine or use any nicotine-containing products for 2 non-consecutive weeks during the study.

COMPENSATION

Military - up to \$500 for study completion

Civilians (non-government)
- up to \$660 for study completion

CONTACT

Email the Military Nutrition
Study Coordinators:
[USARMY.USARIEM-
MNDstudies@mail.mil](mailto:USARMY.USARIEM-MNDstudies@mail.mil)
*And reference the Gut-Brain
Study*