Purpose:
• We are investigating the effects of dietary supplements (cocoa or Basis) on whole-body vascular health and cognitive function.

We are seeking:
• Males and females, aged over 18 years old
• Healthy and not on medication
• Without history of heart, respiratory or neurological diseases

What’s involved?
• Sessions will involve vascular function testing before and after taking supplements. You will also complete a cognition test on an iPad.
• You can choose to enrol in one or both study arms:
  1) **Cocoa study:** 1 familiarisation visit (1 h, include a V02max test) + 2 Morning sessions (4.5 h). Total time = 10 h
  2) **Basis study:** 1 familiarisation visit (1 h) + 4 Morning sessions (2 h). Total time = 9 h

For more details please contact:
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