

# Research Participants Needed



UNIVERSITY OF  
BIRMINGHAM

## Purpose:

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

## We are seeking:

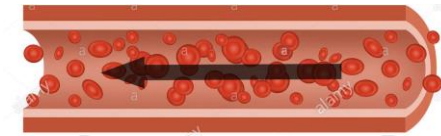
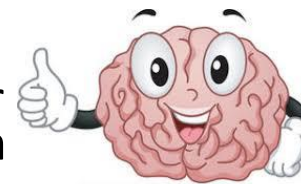
- Males and females, aged over 18 years old
- Healthy and not on medication
- Without history of heart, respiratory or neurological diseases

## 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**



vs.



## For more details please contact:

Cocoa study: Dr Catarina Rendeiro ([c.rendeiro@bham.ac.uk](mailto:c.rendeiro@bham.ac.uk))  
Basis study: Samuel Weaver ([SRW199@student.bham.ac.uk](mailto:SRW199@student.bham.ac.uk))  
Dr Samuel Lucas ([S.J.E.Lucas@bham.ac.uk](mailto:S.J.E.Lucas@bham.ac.uk))