



UNIVERSITY OF  
BIRMINGHAM

# Research volunteers needed for immobilization study



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**Purpose:** To investigate the effectiveness of a nutritional supplement in preventing muscle loss during 7 days of lower-limb immobilization.

## We are seeking:

- ✓ Males aged between 18-35 years
- ✓ You would describe yourself as physically active
- ✓ You are non-diabetic and a non-smoker
- ✓ You are in good general health

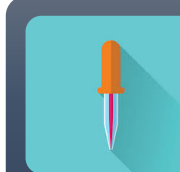
## Study protocol



7 days of single-leg immobilization  
(using a knee brace)



Body composition (fat and  
muscle) and strength assessment



Blood and muscle biopsy samples  
to assess metabolic health  
parameters

**You will receive remuneration for your time and food will be provided to you throughout the 7 day immobilization period.**

**For more information please contact Dr. Leigh Breen on:**

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