Research volunteers needed for immobilization study

**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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