Nutrition and Exercise Study: Can vitamin B3 aid exercise adaptations? Volunteers needed to find out!!!!!

Purpose: To investigate the effect of nicotinamide riboside (vitamin B3) on exercise responses in skeletal muscle

You will be eligible to participate if you are:

- A male aged between 18-38 years
- Have a ‘Normal’ BMI ( >18 or <35 kg/m² )
- You achieve UK guidelines for physical activity (150 min moderate/ 75 min vigorous activity per week)
- You are in good general health

The study will include:

- A fitness test (20-30 minutes)
- Exercise sessions
- Blood and muscle samples

You will receive remuneration for your participation time and detailed information regarding your fitness level

For more information contact Ben Stocks on: 07810807350 or bxs458@bham.ac.uk;
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