

NUTRITION STUDY VOLUNTEERS WANTED



The University of Auckland Human Nutrition Unit
Milk fractions to treat metabolic syndrome
The University of Auckland Human Nutrition Unit is inviting
Overweight male volunteers to take part in a dietary study

What is the aim of the study?

The aims of this study are to determine whether two novel fractions from cow's milk can treat symptoms of the metabolic syndrome in people who are overweight.

What & Where is the Human Nutrition Unit?

The Human Nutrition Unit (HNU) is a purpose designed human volunteer facility located in the central suburb of Mt Eden (approx 3km from the CBD).

What does the study involve?

This is a dietary study with 3 treatment arms that each last for 3 weeks in duration. Interested participants will visit the HNU for a 40 minute screen visit where we will take a blood sample to identify whether you have markers of metabolic syndrome such as raised blood lipids or glucose. You will also be asked to do a free liver ultrasound, in order to determine fatty liver. If you are eligible for the study we will then give you a dairy treatment to eat every day for 3 weeks, during which time you would come to HNU for weekly blood tests. You will receive each of the 3 treatments (including one 'placebo' control) separated by a 3 week break each time. The study will run for ~4 months.

Will I get paid for taking part?

A gratuity and travel expenses (e.g. bus fare, petrol) will be paid for participation.

If you are interested in taking part we would be pleased to discuss the study in more detail. Please contact:

Sunnie Xin or Sofie Falk on 630 3744 or email: hnu.info@auckland.ac.nz

Please see our website for information about our unit: www.humannutritionunit.auckland.ac.nz



This study has received Ethical Approval from the Northern X Regional Ethics Committee (Reference Number: NTX 09/12/125)