



Nutrition Research Studies at Texas A&M

Healthy elderly needed for bed rest study in clinical nutrition research

This study examines the effects of an oral nutritional supplement on preservation of muscle mass during bed rest and recovery after bed rest.

Principal investigator: N.E.P. Deutz, Professor, CTRL, Department of Health & Kinesiology, Texas A&M University, College Station, TX

Requirements for participation include:

- No major health concerns
- Age: 60 - 79 years

Time commitment depends on project and consists of 2 or 3 screening visits, 5 study days prior to a 10 days & nights bed rest study, which will be followed by an 8 week rehabilitation program. Compensation is provided according to time and effort.

The study takes place at Texas A&M, at the Center for Translational Research in Aging and Longevity. Suite 210, 1700 Research Parkway

For more information:

Call 979.422.1789 or send an email to research@ctrl.org

Website: www.ctrl.org | *Transforming Lives of Older Adults*