



**HUMAN CLINICAL  
RESEARCH FACILITY**  
TEXAS A & M UNIVERSITY

# Want to test your mood?

## *Men & Women Needed for a Study*

Researchers in the Exercise & Sport Nutrition Laboratory (ESNL) within the Human Clinical Research Facility (HCRF) at Texas A&M University are recruiting approximately 60 healthy males and females between the ages of 18 and 60 to participate in a study. Eligible participants should have no history of a cognitive deficit condition. The study will seek to determine if ashwagandha improves markers of cognitive function and mood. Eligible participants will receive \$200 for completing the study. Three total visits over approximately one month will be required and this study involves blood draws.

*For more information:*

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The HCRF and the Exercise & Sport Nutrition Lab received approval to resume human participant research from the VPR's office (June 1, 2020), Department of Health & Kinesiology (June 6, 2020), and College of Education and Human Development (June 17, 2020).