



EXERCISE & SPORT NUTRITION LABORATORY

TEXAS A & M UNIVERSITY

Looking for people wanting to follow a supplementation & exercise program!

Men Needed for a Study!

Are you between 18 and 40 years of age? Do you want to you want to start a supplement and supervised exercise program in hopes of improving your overall strength? If so, you may be eligible to participate in an exercise and nutritional supplement intervention study. Researchers in the Exercise & Sport Nutrition Laboratory (ESNL) at Texas A&M University are recruiting approximately 30 males to participate in a study titled, "Efficacy of Human Milk Oligosaccharide 6'-Sialyllactose Supplementation on Exercise Performance and Training Adaptations." This study will help determine whether dietary supplementation of 6'-SL supplementation enhances the benefits of participating in a resistance training program. Eligible participants will receive \$400 for completing the study. This study involves participating in a supervised exercise program, body composition testing, exercise testing, and blood draws. Four visits throughout about a 12-week period will be required.

For more information:

<https://u.tamu.edu/genechemstudyscreeningform>



GeneChem Study

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