

## **HUMAN STUDY**

### **Impact of consuming protein-polyphenol bars on metabolic health**

#### **We need your help!**

*Participants may be compensated*

#### **Can you participate? You can help us if you are:**

- Adult woman or man between the ages of 18 and 64
- Have a body mass index of 18.5 and higher
- Generally healthy and without a clinically significant condition (diabetes, infectious disease, or cancer)
- Not pregnant or nursing
- Not a tobacco user
- Do not use blood sugar lowering medications such as metformin, semaglutide, or insulin
- Do not use dietary supplements with polyphenols
- Do not have allergies to milk or dairy products
- Do not have history of allergies or intolerance to protein bar ingredients

#### **Participants may receive:**

- Compensation of up to \$300 for completing the study
- Withdrawal from the study before completion will reduce compensation.

#### **What will you be asked to do?**

- Complete an online qualification survey to quickly determine your study eligibility
- Come to Plants for Human Health Institute, Kannapolis, NC for 1 pre-study (consent and screening) and 2 study visits during the 8-week study period, with each visit lasting 3h.
- You will be asked to consume a protein-polyphenol bar (40 grams, 160 kcal) as a healthy snack daily for 56 days (8 weeks).
- Both study visits will include dietary, food liking, and wellbeing questionnaires, a blood draw, and 4 finger-stick glucose measurements over a 2h period.
- You will also be asked to collect a urine and a fecal sample at home, then bring both samples to the lab at each study visit.

#### **Scan to see if you are eligible!**

[https://ncsu.qualtrics.com/jfe/form/SV\\_5cjaf3C6AIX0Veu](https://ncsu.qualtrics.com/jfe/form/SV_5cjaf3C6AIX0Veu)



#### **Contact for more information**

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