



**PARTICIPANTS NEEDED
FOR A RESEARCH STUDY!**

SALMON INTAKE ON GUT HEALTH & INFLAMMATION

You May Qualify If You ...

- Are between 30 and 70 years old
- Have a BMI between 25-40 kg/m²
- Not on any blood glucose lowering medications
- Have a relatively low intake of seafood
- Participate in less than 3 hours/week of moderate or high intensity exercise
- Do not smoke tobacco

Participation Involves...

- Visits to the University of Colorado-CTRRC over a period of 18 weeks
- Blood, urine & stool sample collections
- Two, 4-week periods with daily consumption of salmon (provided)

Location:

12401 East 17th Avenue, Leprino Building
Aurora, CO 80045

IF INTERESTED, PLEASE CONTACT LILLIE BERMAN, MS, RDN
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COMPENSATION PROVIDED!