
The Mint Tea Study



Participants Needed!

Healthy, non-smoking males and females (18+ years) with **osteoarthritis of the knee** are needed to participate in a human nutrition study at the University of Guelph. This research will study the health effects of spearmint tea on osteoarthritis.

- **Interested individuals will be asked to:**
 - Complete a screening questionnaire by telephone or email.
 - Visit the University of Guelph for one 1 ½-hour screening appointment to assess eligibility for study.

If eligible to participate, individuals will be asked to:

- **Visit the University of Guelph on 9 occasions over four months for:**
 - One 1 ½-hour study orientation visit.
 - Two 2-hour study visits and two 1 ½-hour study visits
 - Four of these study visits will involve a blood sample and assessments of disease severity, pain and physical function.
 - Participants may also choose to allow a medical doctor to draw a synovial fluid sample from a knee joint at two of the study visits.
 - Three 30-minute check-up visits and one 1 ½-hour follow-up visit.
- **Consume 2 cups of mint tea per day for 4 months.**
- **Keep regular records of medication and dietary supplement use.**

This study has been reviewed and has received clearance through the University of Guelph Human Research Ethics Board (REB#11JA040) and will be conducted at the Human Nutraceutical Research Unit in the Department of Human Health and Nutritional Sciences

Financial Compensation Provided

To find out more about the study and your suitability as a participant please contact Erin at 519-824-4120 x56314 or teastudy@uoguelph.ca