

**PARTICIPANTS NEEDED!**

**WHO: *Young*** (18-45 years old), ***recreationally/athletically fit males and females***

**WHAT:** Researchers in the Department of Human Health and Nutritional Sciences are investigating a novel ***topical creatine*** and oral supplemental creatine. The investigation will assess how the experimental cream will affect cardiovascular and performance outcomes by repeated knee extensions on an isokinetic dynamometer.

**TIME COMMITMENT:** 4 weeks (4.5 hours)

* Accommodation visit (30 minutes)
* Study 1 (2 hours)
* Study 2 (2 hours)

**BENEFITS:**

* May improve exercise performance

**COMPENSATION:**  Monetary

**If you are interested, please contact Alanna Whinton (905-929-9306) (****awhinton@uoguelph.ca****) or Rachel Aubry (519-994-4434) (****raubry@uoguelph.ca****)**

**This study has been approved by the University of Guelph Human Research Ethics Board (REB#:16MY014)**