40 overweight men and women (18 - 70 years) are needed to determine the impact of 8-week consumption of purple or regular wheat products (convenience bars) on oxidative stress and inflammatory markers in the blood.

Participants will be required to visit the University of Guelph for:

- 30-minute screening visit to provide a fasted blood sample to determine eligibility.
- 30-minute orientation session.
- 3 visits for a fasting blood sample at Day 1, 29 and 57 (45 minutes each).
- 3 additional check-in visits to pick up supply of study products (15 minutes each).
- Participants will be asked to replace grain servings with study whole grain wheat convenience bars daily for eight weeks.
- Participants will be asked to reduce consumption of high anthocyanin/phenolic acid containing foods (e.g. berries, red wine, coffee...etc).
- Compensation of $200 will be provided.

This study has been reviewed and has received clearance through the University of Guelph Human Research Ethics Board (REB#16MR006) and will be conducted at the Human Nutraceutical Research Unit in the Department of Human Health and Nutritional Sciences.

To find out more about the study and your eligibility as a participant, please contact:

Human Nutraceutical Research Unit  
University of Guelph  
88 McGilvray St. - Guelph, ON, N1G 2W1

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