



# Calling all males aged 19-30— we want YOU to be a part of the BIOmarker of Omega-3 Index (BIO-OMIX) study!

The BIO-OMIX study is looking at the effects of omega-3 supplements on changes in urinary metabolites!

## Study Participation involves:

- Consuming the provided omega-3 fish oil supplements for 8 weeks (~3g/d), followed by an 8-week wash-out period;
- Attend 14 in-person study visits at the Human Nutraceutical Research Unit on campus (15-30 min each) in which blood and urine samples will be collected

## Financial Incentive Provided!

All participants will receive \$100 upon completion of the trial

Please contact [bmacino2@uoguelph.ca](mailto:bmacino2@uoguelph.ca) for more information!

This project has been reviewed by the Research Ethics Board for compliance with federal guidelines for research involving human participants (REB #23-06-011)