

DID YOU KNOW THAT DIETARY PROTEINS COULD INFLUENCE OMEGA-3 LEVELS IN YOUR BODY?



We are studying whether the consumption of dairy and soy proteins influences omega-3 metabolism.

We are looking for healthy individuals (men and women, 18-45 years old)

Study participation involves:

- Drinking 2 protein smoothies (milk or soy proteins) per day for 29 days.
- Visiting the Human Nutraceutical Research Unit (HNRU) on campus to provide blood samples (5 visits in total).

Financial compensation provided!

If you are interested in learning more, please contact
Melissa at mgonza08@uoguelph.ca for more information.

This study has received clearance from the University of Guelph Research Ethics Board (REB approval #23-09-007)

Dietary protein and
omega-3 study
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