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 (<30 min each) in which blood and urine samples will be collected;
- Total time commitment **~7 hrs** over a 4-month period.

Financial Incentive Provided!

All participants are entered into a draw to win $100 (1 in 6 chance!)

Please contact bmacin02@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)

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