



The Bean Study

**Participants
Needed!**

Adults (≥ 18 years) with elevated LDL cholesterol (3-5 mmol/L) are needed for a nutrition study to examine the cholesterol-lowering effects of beans.

This study will involve:

- **1 screening phone call** (5-10 min)
- **1 screening study visit** (30-45 min; includes LDL cholesterol test)
- **1 study orientation** (30-45 min)
- **Three 4-week treatment periods which will each involve:**
 - Three study visits (30-45 min)
 - Body measurements (start, middle and end)
 - Fasting blood sample and fecal sample (start and end)
 - 3-day food record (once in the middle)
 - Appetite and tolerance survey (5 days on 3 occasions)
 - Study treatment consumption log (every day)

Financial Compensation Provided

This study is being conducted by the Department of Human Health and Nutritional Sciences and has received clearance from the University of Guelph Human Research Ethics Board (REB#18-10-045).

**If you are interested, please contact
519-824-4120 x58081 or beans@uoguelph.ca**



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