



CALLING ALL COFFEE LOVERS

What: Researchers are investigating the effects of caffeine dosage on cerebral blood flow

Who: Adults (18-50 years old) who regularly consume caffeine (min. 6 days/week).

Where: Department of Human Health and Nutritional Sciences at the University of Guelph.

Time Commitment: 4 visits over a period of 3-4 weeks for a total time of ~10 hours.

Incentive: There is no incentive for participating in this research.

Requirements:

- **No caffeine for 16 hours prior to study visits**
- **Take a capsule with a sugar placebo, your average and double daily caffeine intake**
- **Lay supine for 2.5 hours**
- **Wear a headpiece with ultrasound probe attachments**
- **Blood pressure & heart rate determinations**
- **Computer based cognitive testing & Where's Waldo!**
- **Venous blood sampling**

If interested, please contact Christabel Osei-Boateng (coseiboa@uoguelph.ca).

This project has been reviewed by the Research Ethics Board for compliance with federal guidelines for research involving human participants (REB #1349).