

RESEARCH STUDY OPPORTUNITY

You are invited to participate in a research study by Healthy Aging North Dakota at North Dakota State University. The research study will look at the impact of a honey-pomegranate drink on muscle health.

If you are eligible and choose to participate

You will be asked to visit our lab at NDSU main campus for two separate visits.

The **first visit** will take about 60 minutes, and the **second visit** will take about 45 minutes. During each visit, you will be asked to complete:

- Basic questionnaires about yourself and your health
- A blood pressure measurement
- A series of handgrip strength measurements on both hands
- A knee extension strength measure
- Walking and balancing tasks

At the conclusion of the first visit, you will be provided a 1-week supply of honey-pomegranate supplement to consume daily at home.

You will be provided up to \$200 for your time in completing the study.



CAN A HONEY-POMEGRANT SUPPLEMENT IMPACT MUSCLE HEALTH?

You might be eligible if you are:

- At least 65-years of age and generally in good health
- Not allergic to honey or pomegranate
- Not living with severe dementia, an autoimmune disease, or diabetes
- Not currently undergoing treatment for cancer
- Able to walk
- Able to extend and curl your legs at the knee
- Able to squeeze a device on both hands without pain or limitations

If interested, please contact Healthy Aging North Dakota
Email: ndsuhand@ndsu.edu
Phone: 701-231-6043

This study has been approved by the NDSU Institutional Review Board.