

## Volunteers needed for a Research study

**Research Topic/Purpose of the study:** We are looking for volunteers for a nutritional research study that will examine changes in iron absorption with antioxidant supplementation.

**Procedures:** Participants will be asked to consume a meal with phytic acid, complete a dietary recall, participate in taste testing, and have blood and saliva sample collection during a meal challenge.

**Time:** Participation is expected to last about 3.5 hours total

**Inclusion Criteria:**

- Female
- Not pregnant or breastfeeding
- Age 18-35
- >110 lbs

**Location:** Wichita State University Human Performance Lab

**Contact:** *If you are interested in participating in this study please contact Nicole Delimont, [Nicole.delimont@wichita.edu](mailto:Nicole.delimont@wichita.edu); 785-249-5533*

