

## **Female Participants for Nutrition Study Needed**

### *What is the study?*

This study aims to evaluate vitamin A requirements in women using a validated and safe vitamin A status assessment technique.

### *What will participants do?*

Study participants will follow a prescribed diet for 12 weeks and take daily vitamin A supplements for 6 of those weeks; **meals and snacks will be provided.** You will have your vitamin A status assessed at the beginning and end of the study. Each status assessment requires 4 blood-draws (we will take about two teaspoons of blood each time) over two weeks. Your body composition will also be assessed at the beginning and end of the study.

### *Who is needed?*

To be eligible for the study you must be:

- Female
- Non-smoking
- 19 – 30 years old
- Not over- or underweight**
- Not pregnant or lactating
- Able to pick up study food once a week from the Nutritional Sciences Building on the UW-Madison campus.

### *What are the benefits?*

You will:

- ❖ Learn your body composition (fat and fat-free mass)
- ❖ Contribute to the knowledge of vitamin A requirements of healthy women in your age and life-stage group
- ❖ **Receive free food for the duration of the study!**
- ❖ **Receive a total of \$125 upon completion of the study!**

**Please contact Ashley Valentine at 334-1932  
if you are interested in participating.**

**Thank you!**

Recruitment Email and Flyer #1; Version 3, February 2008

Vitamin A Assessment Laboratory  
Department of Nutritional Sciences  
University of Wisconsin, Madison  
1415 Linden Drive 53706

Offices: 273 Nutritional Sciences, 608-265-0792

Laboratories: 310, 369, and 370 Nutritional Sciences, 608-262-5820