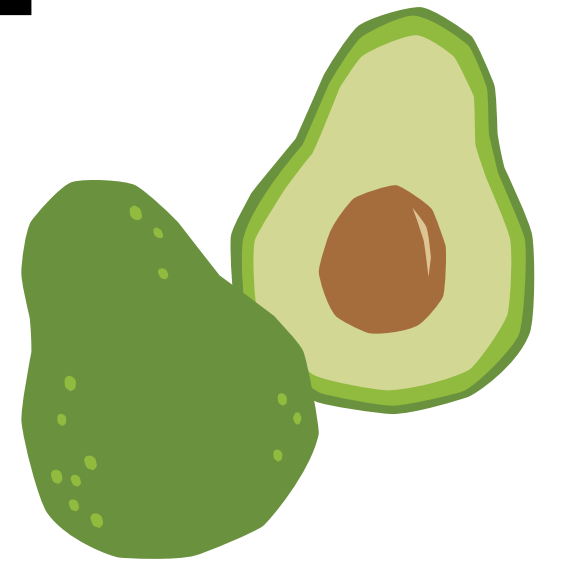


ARE YOU INTERESTED IN PARTICIPATING IN A NUTRITION STUDY?



We are looking for research participants to take part in our nutrition study at the BC Children's Hospital Research Institute.

Study start date: May 1st, 2026 - Study end date: December 1st, 2028

WHO CAN PARTICIPATE?

- People with menstrual cycles
- Between the ages of 20-35y
- Regular menstrual cycles (between 21-35 days in length)
- Not currently using any hormonal contraceptives/hormonal IUD (copper IUD is non-hormonal)
- No history of endocrine or metabolic disorders

YOUR PARTICIPATION INVOLVES:

- Two 1-hour pre-study assessments to assess eligibility
- 8-hour study days (min 3, max 7)
- Consumption of a designed diet on study days
- BMI measurements
- Breath collection
- Urine collection
- One small blood sample
- Menstrual cycle tracking

Financial compensation will be provided.

Location: BC Children's Hospital Research Institute

Principal Investigator: Dr. Rajavel Elango

Primary Contact: Paloma DeLisle

paloma.delisle@bcchr.ca



Please contact us with any questions you may have!