CAMÁN

Carotenoids & Maximising Athletic Nutrition
Participant Information Leaflet

Who are we?
The Nutrition Research Centre Ireland (NRCI) is a multidisciplinary research group within Southeast Technological University (SETU). Our goal is to study the role nutrition and lifestyle play in human health and well-being. The aim of this research project is to understand the impact of carotenoids and omega-3s on sports performance and muscular recovery

Where are we based?
The NRCI and SETU Arena are located at SETU West Campus, Carriganore, Waterford.
NRCI - X91 K236
SETU Arena - X91 XD96




What does participation in this research involve?
Participants will be required to take part in six total days of data collection. Visits 1-3 will be conducted across December 2025 and January 2026. Follow-up testing for visits 4-6 will be completed later in the season at a time agreed upon with team management (approx. 5-6 months after baseline).

Visits 1 & 4: SETU Arena & NRCI
- Anthropometric Measurements
- Visual Acuity & Contrast Sensitivity
- Eye-Hand & Eye-Foot Reaction Time
- VO2 Max & Substrate Oxidation Rate
- Macular Pigment Optical Density

Visits 2 & 5: Team Training Facility
- Resting Blood Samples
- Exercise-Induced Muscle Damage Protocol (EIMD)

Visit 3 & 6: Team Training Facility
- 24h Post-EIMD Blood Sample
- Muscle Soreness Questionnaire
- Sleep Quality Questionnaire

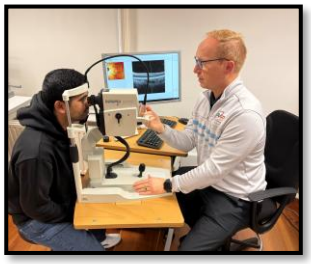
Nutritional Supplement:
Participants will be required to take a single capsule with a meal of either an active nutritional supplement or a placebo each day during the data collection period.



What are the benefits of participating in this research?
Participants will gain valuable data on:
- Fitness Levels
- Body Composition
- Sleep & Recovery
- Eye Health & Function

Participants will be provided with WHOOP wearable devices that must be worn at all times during data collection. WHOOP 12-month memberships will be provided as part of this project.






We hope that this information has been helpful. However, should you have anymore questions or do not fully understand the information provided, please feel free to ask any of our research team, or contact Gary.Cullinane@postgrad.wit.ie

