



UNIVERSITY OF  
BIRMINGHAM

# PARTICIPANTS NEEDED

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## The Cocoa Clarity Study:

### Shedding Light on the Direct vs. Indirect Mechanisms of Action of Dietary Flavanols in the Human Brain

We are conducting a study to investigate the effects of **8-week, daily cocoa flavanol supplementation** on muscle / brain oxygenation and metabolism, and cognitive function.



#### What does this study involve?

- Your participation will last 8 weeks
- 4 study visits to **SportsExR at the University of Birmingham**:
  - 1 familiarisation and 3 experimental visits (~ 10.5 hour in total)
- You will be assigned to receive low-flavanol or high-flavanol cocoa beverages daily for 8 weeks (provided by us!)

You will receive **£80**  
for full completion of  
the 8-week study.

#### Are you eligible?

- ✓ 18 – 40 *OR* 65+ years old
- ✓ Generally healthy (not on any long-term medication)
  - ✓ Non-smoker
- ✓ Do not have any food allergies

**Interested? Contact us!**

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