



**SCIENCE**

Department of  
Kinesiology

St. Joseph's  
Healthcare  Hamilton



## **MALE AND FEMALE PARTICIPANTS NEEDED!**

Participants are invited to take part in a research study at St. Joseph's Hospital looking at how a ketone supplement affects brain function in adults with memory complaints.

**Study Title: The impact of acute oral ketone monoester supplementation on resting-state brain connectivity in adults with memory complaints.**

### **Eligibility:**

- Males and females between the ages of 55-75
- Experience memory issues daily
- BMI < 35 kg/m<sup>2</sup>
- No uncontrolled cardiometabolic disease (hypertension, type 2 diabetes)
- Not following a ketogenic diet or taking ketone supplements
- Not diagnosed with Alzheimer's or dementia

The study has 3 testing visits: 1 familiarization and screening visit, and 2 experimental visits. The first visit will be ~1 hour, and the subsequent two visits will be ~1.5 hours each. The total expected time commitment is 4-5 hours. You will receive **financial compensation** for your time.

If you are interested in participating, or you would like to learn more about the study, please contact Geoff Coombs ([coombg1@mcmaster.ca](mailto:coombg1@mcmaster.ca), 613-558-9637).

**This study has been reviewed and approved by the Hamilton Integrated Research Ethics Board (HiREB) under project #15898**