University of South Australia

Nutritional Physiology Research Centre

Exercise Diet for Seniors

Volunteers Needed

Researchers at UniSA's Nutritional Physiology Research Centre are testing whether taking lutein (a carotenoid from plants) with milk can help older people to achieve higher levels of exercise. If you are aged 60 – 80 years, not overweight and do less than 150 minutes of exercise per week, you may be eligible. Volunteers will need to attend the Centre (Frome Rd, city) once a week for 6 weeks and will be reimbursed for their time and effort.

For more information, please contact the Centre on 8302 2809, or via email at kelsey.hibberd@unisa.edu.au.

This study has been approved by the Human Research Ethics Committee of the University of South Australia

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