

Volunteer for medically supervised research at the UCLA Center for Human Nutrition

Purpose: This is a pilot nutritional study that examines the effect daily mixed spice consumption on memory in middle-aged and older adults with age-related cognitive decline.

You may qualify if you meet the following criteria:

- Participants are required to have clinical histories consistent with normal aging or mild cognitive impairment (MCI).
- Age 50 to 80 years.
- Adequate visual acuity and hearing to allow neuropsychological testing.
- Screening laboratory tests without significant abnormalities that might interfere with the study.

Procedures and Compensation:

- 6 month study with 5 in-person visits.
- Visits include test to evaluate cognition and fatigue, vital signs, 24-hour diet recall, body composition, blood, urine and stool collection.
- Up to \$300 compensation.



INTERESTED?

Please email uclanutrition@gmail.com.

As the confidentiality of emails cannot be guaranteed, do not include any sensitive information in your email if you choose to respond by that method.

This research study is being conducted by Zhaoping Li, MD, PhD and has been approved by the Institutional Review Board.

uclanutrition@gmail.com
310-206-8292

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