



VOLUNTEERS NEEDED FOR RESEARCH STUDY
**Supplementation with a Next Generation Synbiotic in
 individuals with Overweight or Obesity: a Triple-
 Blinded Randomized Controlled Clinical Trial**

IRB# 2023-345

- TCU’s Department of Nutritional Sciences is conducting research to find out the effects of daily synbiotic supplementation (2 probiotic/placebo capsules per day, one in the morning and one in the evening with food) for 12 weeks on body composition, insulin sensitivity, depression, anxiety, and food cravings.
- Recruiting 60 participants (male or female) ages 18-50 from Texas Christian University and surrounding areas with a BMI 25.0-40.0 kg/m² (see height-for-weight criteria below) and no history of type 1 or type 2 diabetes.

Height (inches)	Weight (pounds)	Height (inches)	Weight (pounds)	Height (inches)	Weight (pounds)	Height (inches)	Weight (pounds)
4’5”	100-160	5’1”	133-211	5’9”	169-271	6’5”	211-337
4’6”	104-166	5’2”	137-218	5’10”	174-279	6’6”	216-346
4’7”	108-172	5’3”	141-226	5’11”	179-287	6’7”	220-355
4’8”	112-178	5’4”	146-233	6’0”	184-295	6’8”	228-364
4’9”	116-185	5’5”	150-240	6’1”	190-303	6’9”	233-373
4’10”	120-191	5’6”	155-248	6’2”	195-311	6’10”	239-383
4’11”	124-198	5’7”	160-255	6’3”	200-320	6’11”	245-392
5’0”	128-205	5’8”	165-263	6’4”	205-329	7’0”	251-401

- You will be asked to undergo a 3-day generic antibiotic treatment (Vancomycin, cost range \$20-25) prior to the start of the 12-week synbiotic intervention. Body composition will be measured through DEXA and BOD POD analysis. Assessment of depression, anxiety, and food cravings will be performed using the Beck Anxiety Inventory, Beck Depression Inventory, and RED-9 questionnaire. We will collect 3 blood samples and 3 stool samples.
- Participation involves three 45-minute appointments throughout the 12-week intervention.
- Participation will take place at the Kinesiology Department of TCU. There are some risks involved in this research including radiation exposure from DEXA scans (which produce 10% of the radiation produced by X-rays), potential gastrointestinal discomfort from the synbiotic supplementation or the antibiotic, and risk of being asked sensitive questions pertaining to your anxiety and depression levels.
- We provide participants with \$150 in Amazon gift cards. A \$50 gift card will be provided in your 2nd visit to offset the cost of the antibiotic and a \$100 gift card will be provided upon completion of the study. In addition, you will receive 2 free DEXAs and 2 BOD POD body composition tests (value of ~\$400).

To see if you are eligible, please scan the QR code:



Texas Christian University

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<http://www.tcu.edu/notice-of-nondiscrimination.asp>

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