VOLUNTEERS NEEDED

Omega-3 Study

We are looking for
Pre-menopausal females who are:
• Between the ages of 20 and 55;
• Above normal weight for their height;
• Do not have a chronic disease;

What is the study about?
This study is investigating the effects of omega-3 fats from flax oil and fish oil on special fat metabolites in the blood and on markers of inflammation.

Where?
Asper Clinical Research Institute at St. Boniface Hospital

What do I have to do?
✔ Consume capsules containing flax or fish oil for two 4-week phases.
✔ Attend 3 clinic visits during each 4-week phase.

How do I get involved?
To find out more about this study, please call or email us at:
Phone: 204-258-1206 • Email: studyinfo@sbrc.ca

You will receive an honorarium for your participation.