Participants Needed for NECTAR Microbiome Study
If you are between ages 22-64 years, you may be eligible to participate

Participate in our NECTAR Study, where we are investigating the relationship between yogurt consumption and digestive health.

What will be asked of you:
- Undergo two 2-week dietary intervention periods where you will eat provided pre-packaged yogurt snacks 2 times per day
- Pick up snacks from testing site 1-2 times per week
- Visit lab 5 times during the study (30 minutes-1.25 hours per visit) to complete cognitive tasks
- Complete questionnaires remotely
- Provide 4 fecal samples for microbial analysis

Participants will receive:
- 2 yogurt snacks per day for a total of 4 weeks
- $50 at the end of the first testing period and $250 upon completion of the study
- Total of $300 upon completion of study

Are you eligible?
- Healthy adults with no honey or dairy allergy
- Not taking medications that affect gastrointestinal function
- Additional exclusion criteria apply

For additional info without commitment, contact us:
- NECTARStudy@illinois.edu
- 217-300-3523 (lab hours 9AM – 4PM)
- NHML Website: https://hdh.fshn.illinois.edu/

ILLINOIS

Responsible Principal Investigator:
Hannah Holscher, PhD, RD
University of Illinois at Urbana-Champaign Institutional Review Board #20121

Nutrition & Human Microbiome Laboratory