

THE EFFECT OF SHIFTING MEALTIMES (EATING JET LAG) ON METABOLISM

Participants will be expected to eat breakfast and dinner at specific times of the day for three weeks. Most days will be consistently timed with the exception of two days where you will be asked to eat these meals later than normal.

On four days, you will be fed breakfast in our lab, and we will take three blood samples over the course of two hours at each visit. Two of those four days, you will be provided lunch and dinner meals to eat throughout the rest of the day.

You will be asked to perform a few measurements and take some surveys outside of the lab.

**PARTICIPANTS WILL BE COMPENSATED \$100 UPON COMPLETION.
SUBJECTS WILL ALSO RECEIVE THE FOLLOWING AS PART OF THE STUDY: DEXA BODY
COMPOSITION SCAN, 2 WEEKS OF CONTINUOUS GLUCOSE MONITORING**

Participants, males or females 18+ years old, cannot be:

- Diabetic
- Pregnant or lactating
- Following a weight loss diet
- Participating in a low carb or ketogenic diet

**INTERESTED INDIVIDUALS SHOULD CONTACT STUDY PERSONNEL AT
BYUKETONESTUDY@GMAIL.COM OR SCAN THIS QR CODE**

