

Study Examining the Effect of Water and Metabolism

- Each participant will take part in multiple laboratory testing sessions that include:
 - Body composition testing
 - Resting metabolic rate
 - Several other study-specific/health-related questionnaires
- Each participant will be asked to come to the lab on 3 occasions. The first visit will last ~15 minutes and the second and third visits will last ~90 minutes each. Each participant will be asked to consume a bottle of water the night before visits 2 and 3 and during the laboratory session on either visit 2 or visit 3.
- Upon request and after full completion of the study, each participant may receive the results of their tests noted above

We are looking for:

- Healthy men and women (18-40 years old)
- BMI 25-39.99 kg/m²
- Certain extreme exercise levels, disease conditions, or other variables may disqualify from participation
- Participants will receive a total of \$50 cash for full participation

For more information contact:

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