RESEARCH PARTICIPANTS NEEDED!



INSTITUTE FOR HUMAN & MACHINE COGNITION

**Ketone Esters for Optimizing Operator Cognitive & Physical Performance in Extreme Environments**



STUDY DETAILS

The overall objective of this project is to **determine how ketone ester administration affects physical and cognitive resilience at 15,000ft altitude exposure**.

Your participation will benefit our research program by helping us asses the effects of ketone esters on altitude extreme environments. Participants will be asked to **engage in physical activity at 15,000ft altitude simulation**. All testing will be done by trained, qualified professionals.

QUALIFICATIONS

To participate in this study, you must be a healthy male between the age of 18 and 29 years old. Participants should be non-smokers, have no chronic conditions that would prohibit exercise or ability to transport oxygen.

There are a number of exclusion criteria, to ensure your safety. To inquire for a full list of these conditions and situations please email IHMC Human Health, Resilience and Performance Research Team.

You can choose not to participate. Your participation is voluntary. Your participation will have no influence on anything that falls outside of this research context. A decision to not participate will involve no penalty or loss of benefits to which you are otherwise entitled, and you may discontinue participation at any time and for any reason. If you do decide to participate, you may withdraw from this study at any time and for any reason. Risks of participation do not exceed those of daily living. The risks to you as a participant are discomfort from sampling and hypoxia exposure. Although unlikely, there is always a risk for loss of confidentiality and anonymity when participating in research. All efforts will be made to protect your rights. Because the test will require multiple blood samples from the participants, although very unlikely, a risk of disease transmission exists. There is also a risk of bruising or bleeding of the skin at the sample site. Study staff will take every effort to minimize any risk associated with blood sampling. Participants can withdraw from the study at any time without penalty. Participation in this study may lead to improvements in performance, recovery, mood, arousal, or cognition. If you have questions about this research study or questions about your rights as a research participant, you can call Dr. Anil Raj (araj@ihmc.org, 850.202.4456), Chair of the IHMC Institutional Review Board.

CONTACT US FOR MORE INFORMATION

**@ihmc.org**

or

850.202.4400

Participants can earn up to

$200

You’ll earn $100 after the completion of each testing session.

The study will be conducted at the **IHMC/Andrew’s facility in Gulf Breeze, Florida**. All measurements taken will occur at IHMC at no cost to the participant other than transportation to the site.

Participation involves 3 total sessions over the course of a week. Total time commitment will be approximately 8 hours for participants.

COMPENSATION

WHEN/WHERE