

# **In search of individuals with physical impairments!**

**What is it?** The goal of the study is to determine whether 8 weeks of daily consumption of a powder made with peas with high iron bioavailability can improve the iron status, endurance performance, and gut microbiome in individuals with physical impairments.

We are seeking individuals who have been living with their impairment for at least a year and who are active (at least 2 days per week, 20 minutes or more). The study will involve 8 weeks of a dietary supplement in addition to six lab sessions (3 before supplementation and 3 after) which will take approximately 6 hours in total.

**What would we need from you?:** If you choose to participate, you will be asked to supplement with a high-protein powder made with peas with high iron availability for eight weeks. Before and after the dietary intervention, we will assess your body composition, iron status, exercise performance, and gut microbiome

If interested, please contact:

Keely Shaw, MSc.  
Ph.D. Candidate  
keely.shaw@usask.ca

This study has been approved by the University of Saskatchewan Biomedical Research Ethics Board