



University
of Regina

Faculty of
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PARTICIPANTS NEEDED FOR AN EXERCISE AND NUTRITIONAL INTERVENTION STUDY

We are looking for males and females (18-39 years of age) who are currently performing resistance training (≥ 2 times/week for ≥ 4 weeks) to take part in a study investigating the effects of creatine supplementation or placebo and resistance training.

As a participant in this study, you would be asked to perform 16 weeks of resistance training and consume creatine supplementation or placebo to determine its effect on body composition and muscle performance.

The total time requirement for this study is 60 hours.

For more information about this study, or to volunteer for this study, please contact:

Scotty Mills (mills23s@uregina.ca)

This study (Bio ID: 4641) has been approved by the Biomedical Research Ethics Board at the University of Saskatchewan.