



UNIVERSITY
OF MANITOBA

Richardson Centre for Functional Foods
and Nutraceuticals
196 Innovation Drive, SmartPark,
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Can Spices Protect Your Heart?

We are looking for participants for a 2-month intervention study testing the potential of spices and herbs to reduce cardiovascular risk factors.

The study is open to men and postmenopausal women who meet the following criteria:

- Aged 40-70 yr
- Moderately high waist circumference
- Moderately elevated LDL-cholesterol
- Not taking medication to lower cholesterol

Dietary consulting will be available throughout the study.

Volunteers will be compensated for travel costs upon request.

If interested, please call: (204) 298-5483

Dr. Peter Jones, Principal Investigator