University of Connecticut

Volunteers Wanted for a Research Study

The Effect of AMP Human Sodium Bicarbonate Lotion on Hydration Study

Study Purpose: Investigate the influence of a commercially available sodium bicarbonate lotion on measurements of hydration status, fluid balance, and cognition while sitting in the heat.

Eligible Volunteers:
Recreationally active (exercise ≥ 3 days per week for ≥ 30 min per session) men between the ages of 18-35 years old.

Study Details:
2 Phases Completed (PR Lotion and Placebo); each Phase consists of 4 Visits
Visits 1-3 & 5-7: 3-day Hydration Baseline (~30 minutes)
(characteristics, weight, diet/fluid logs, blood pressure, urine, and blood samples)
Visits 4 & 8: Intervention Trial – Apply topical solution in hot environment (~7 hours)
(diet/fluid logs, body composition, cognition, cardiovascular responses, urine, and blood samples)

Monetary compensation will be provided to participants. Full completion of the study (*i.e.* all 8 visits) will result in full compensation.

Research will be conducted at the Korey Stringer Institute (within Gampel Pavilion) under Principal Investigator Dr. Douglas Casa, Department of Kinesiology

AMPlify Hydration Study
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