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