

**THE EFFECT OF AMP HUMAN SODIUM
BICARBONATE LOTION ON
PERFORMANCE AND RECOVERY FROM
EXERTIONAL HEAT STRESS**

**PARTICIPANTS WANTED FOR
RESEARCH STUDY**



**We are recruiting men between the ages of 18-45
years**

- Must be recreationally active adults as indicated by a VO₂max minimum of 45 ml/kg/min (Test performed in lab)
- Must have a BMI of ≤ 28
- No chronic health issues or prior heat illnesses
- No musculoskeletal injury limiting exercise

16 Study Visits: 31 hour commitment

Compensation for participation will be provided

IF INTERESTED IN THIS STUDY PLEASE CONTACT JEB STRUDER
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