

The **CardioNutrition** Lab @ FSU is seeking participants.

Are you interested in learning how changing your sodium or potassium intake can affect your blood vessel health? Join our study and help us find out!



Interested in participating?
Please fill out the survey using the QR or the link.



You may be eligible to participate if:

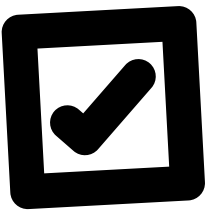
- you are 18-45
- you are generally healthy

<https://redcap.link/Na-K-Education>

What to Expect



Learn to follow a low sodium or high potassium diet and how your blood vessel health is affected.



Visit the lab periodically for nutrition education and data collection.



Get paid after each visit once you enroll in the study. The total compensation for study completion is \$550.

Participants will:

- attend 4 personalized education sessions at Florida State University to learn how to alter their potassium or sodium intake.
- return to campus to assess changes in diet and cardiovascular health 2,4, and 6 months after the education program.
- be asked to provide information about usual dietary intakes, and complete non-invasive vascular tests, questionnaires, blood work, and urine collection.



Questions? Contact us: HNFS-cardionutritionlab@fsu.edu