



Lab Visit Procedures

Docosahexaenoic acid (DHA), eicosapentaenoic acid (EPA), and their effects on adults ages 25-50 years: a 16-week dietary supplement intervention study

IRB# 20-472

On arrival

- Welcome, visit overview, description of procedures
- Complete agreements and required documents (all documents are posted at www.omega3study.com/forms/)
 - Informed Consent (first visit only; **please complete prior to arrival**)**
 - Participant Intake Form (first visit only; **please complete prior to arrival**)**
 - PAR-Q+ (first visit only; **please complete prior to arrival**)**
 - COVID-19 Participant Risk Acknowledgement (each visit; completed on site)
 - DEXA Consent (each visit; completed on site)

** Reviewing and completing these prior to arrival will minimize the time spent on required documentation during your visit. If you have questions about any of these required documents, please contact us in advance of your visit so that we may address them.

Data collection—resting state

- Urine sample collection
- Body composition assessment
- Blood collection (venipuncture and fingertip stick)
- Resting Metabolic Rate (RMR)
- Heart Rate Variability (HRV)

Data collection—exercise protocol

- Warm up
- Graded treadmill protocol
- Blood collection (fingertip stick only)
- Cool down

Wrap-up and next steps

- Cronometer app instruction (first visit only)
- Supplement distribution and instructions
- Questions