



Visit Preparation Checklist

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

All of the following items are required to minimize risks to you and ensure that we obtain accurate measurements.

Please read each item carefully and do not hesitate to contact us (www.omega3study.com) if you have any questions about how to prepare for your visit.

Within 14 days of your visit

- No medical procedures involving a barium examination or injection with a contrast material for a computed tomography (CT) scan or radioisotope scan for a minimum of 14 days prior to the visit

Within 24 hours of your visit

- No food or drink (except for water) for a minimum of 8 hours prior to the visit (this includes the softgels that are part of this study, but this does **not** pertain to any prescription medication you take on a regular basis)
- No alcohol for a minimum of 24 hours prior to the visit
- No change in stimulant consumption or prescription medication for a minimum of 12 hours prior to the visit (black coffee is allowed if this is a regular/daily occurrence)
- No calcium supplements for a minimum of 24 hours prior to the visit
- No exercise for a minimum of 24 hours prior to the visit

The day of your visit

- Leave all jewelry, non-essential accessories, and valuables at home
- Bring your smartphone
- Wear athletic clothes and footwear that are conducive to exercise
- Optional (but recommended): food and beverage for consumption after completion of the treadmill graded exercise procedure
- Optional: bring a change of clothes and toiletries for use after testing (you are welcome to use the shower facilities in the ESPL at the end of your visit)