L-citrulline supplementation to improve low-intensity resistance exercise training vascular adaptations in postmenopausal women with hypertension

**Who Can Participate?**

- Inactive postmenopausal women (ages 50-75 years)
- Body mass index of 18.5 - 39.9 kg/m²
- Without Type II Diabetes (we will measure your fasting blood glucose)
- Resting systolic blood pressure between 120—159 mmHg

**Time Commitment and Measurements**

- 7 visits total, each lasting approximately 2 hours
- Last 4 weeks will involve resistance training at low intensity 3 times per week
- Measurements of arm and leg blood flow, handgrip and leg strength, blood pressure control, and cardiovascular health
- Body composition assessment by DEXA to measure muscle, bone and fat mass
- About 1 tablespoon of blood will be sampled for visits 3, 4 and 6
- $105 compensation upon completion of the study

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