

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

You are invited to participate in an 8 week research study to evaluate the effects of **L-Citrulline** and low-intensity resistance exercise training on arterial function at the TTU Department of Kinesiology and Sport Management. **L-Citrulline** is an amino acid with beneficial vascular effects including decrease in blood pressure.

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

Please contact:

Arun Maharaj, (954) 937-9130, arun.maharaj@ttu.edu

Stephen Fischer, (330) 208-3339, stephen.fischer@ttu.edu

Principal Investigator: Dr. Arturo Figueroa

Stephen Fischer
Phone: 330-208-3339
E-mail: stephen.fischer@ttu.edu

Arun Maharaj
Phone: 954-937-9130
E-mail: arun.maharaj@ttu.edu

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E-mail: stephen.fischer@ttu.edu

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