

# Effects of 4 weeks of L-citrulline Supplementation on Vascular Function in Prediabetic Middle-aged and Older Women during Fasted and Acute Hyperglycemia

You are invited to participate in a 3-visit research study to evaluate blood vessel health, blood glucose, and body composition.

## Who Can Participate?

- ◇ Middle-aged and older women  $\geq 45$  years old
- ◇ Elevated blood glucose (sugar) 100-125 mg/dL or HbA1C 5.7-6.4%
- ◇ Body mass index of  $\leq 34.9$  kg/m<sup>2</sup>
- ◇ Resting systolic blood pressure  $\leq 159$  mmHg

## Time Commitment and Measurements

- ◇ 3 visits total, each lasting approximately 2 hours
- ◇ 4 weeks supplementation of natural amino acid (L-citrulline)
- ◇ Measurements during fasted and acute hyperglycemia (sugar) ingestion
- ◇ Blood glucose and HbA1c measurements
- ◇ Other measurements include brachial artery (arm) function, arterial stiffness (elasticity of arteries), body composition (fat and muscle), and blood markers of glucose control
- ◇ About 1 tablespoon of blood will be sampled on visits 2 & 3
- ◇ *This study has been approved by the TTU Institutional Review Board.*

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