

Effects of Dietary Wild Blueberry to Mitigate UV-Induced Skin Aging

We need your help.

Participants will be compensated.



Can you participate? You can help us if you:

- Are 30–50 years old
- Are generally healthy and do not have chronic medical conditions
- Do not smoke
- Have no history of skin disease or unusual sensitivity to sunlight
- Have not used tanning beds in the last 6 months
- Are not currently taking antibiotics, photosensitizing medications, hormone therapy, or medicated creams on your arms
- Are not immune-compromised and have not received an organ transplant
- Have no food allergies or sensitivities (including blueberries or berries)
- Have no allergies to medical adhesives or tapes
- Have healthy skin on your arms (no rashes, wounds, or active irritation)
- Are willing to avoid sun exposure on your arms and follow study product-use instructions

Participants may receive:

- Compensation of up to \$750 for completing the study. Withdrawal from the study before completion will reduce compensation.

What will you be asked to do?

- Complete an online pre-qualification survey to determine eligibility.
- Attend 1 consent and screening visit and 11 additional lab visits over a 14-week period (each visit lasting approximately 30–45 minutes).
- Consume one daily powder (wild blueberry powder or placebo), mixed with water, each morning with breakfast for 14 weeks.
- Provide urine and stool samples the day before select lab visits.
- Undergo non-invasive skin measurements, skin swabs, and tape-strip skin sampling at select lab visits.
- During the final 2 weeks, you will receive brief, controlled UV light exposure to a small area of one forearm. This may cause temporary mild redness and is similar to about 45–60 minutes in the sun on a cloudy day or 20–25 minutes at the beach on a sunny day without sunscreen.

NC STATE UNIVERSITY

**Plants for
Human Health**

I N S T I T U T E



SCAN TO SEE IF YOU ARE ELIGIBLE!

Contact 704-250-5492 or
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for more info.

go.ncsu.edu/studyinfo