



You're Invited for Exercise Research Study

Researchers at the University of Kentucky are seeking men and women who do not currently exercise for a 12-week study. Participants will have to exercise five days per week (cardiovascular exercise only), taking a milk thistle extract supplement, probiotic supplement, or both. Participants will be compensated \$250 upon completion of study.

You may be eligible to participate if you:

- Are between 18 - 45 years old
- Do not use tobacco
- Are in overall good health
- Have a BMI between 30-45

For more information:

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