FOR ENQUIRIES
Call: (+65) 63793186 / 63793187
Email: healthy_longevity@nus.edu.sg

PROJECTABLE
SEEKING RESEARCH VOLUNTEERS
Does AKG supplementation lower biological age?

Confirm your eligibility with us!
- Age: 40-60 years old
- No more than ONE age-related chronic medical condition

What to expect:
- 1 Screening visit to assess biological age
- 4 study visits over 9 months
  - 3 visits during supplementation
  - 1 follow-up visit after 3 months
- Health and physical assessments will be conducted
- Collection of blood, stool, & saliva samples
- All visits will be conducted at Clinic L, Alexandra Hospital

Participants will be required to:
- Wear a fitness tracker for 7 days between research visits
- Keep a physical activity diary
- Keep a 3-day food diary

**Intervention**
- 2 tablets of Ca-AKG (1 g) or placebo per day
- 6 months of supplementation

Participants will be reimbursed for their time and commitment