



PROJECT ABLE

SEEKING RESEARCH VOLUNTEERS

**Does AKG
supplementation
lower biological age?**



SIGN UP NOW!



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



FOR ENQUIRIES

Call: (+65) 63793186 / 63793187

Email: healthy_longevity@nus.edu.sg

Participants will be reimbursed for their time and commitment