

The OSU Nutritional Sciences Department in the College of Human Environmental Sciences is conducting a study to determine the health benefits of pomegranates in people with Type 2 diabetes or healthy controls. You may qualify for this study if you are a male or female with the following features:

For people with Type 2 diabetes

- waist circumference greater than 40'' in men or 35'' in women

- Fasting blood glucose > 126 mg/dL,

or

On medications for Type 2 diabetes

For healthy controls

waist circumference less than 40'' in men or 35'' in women

- Fasting glucose and lipids within normal range

Not on any medications for chronic disease

Study participants will come to the 4th floor in HES for the study. You will be asked to take 2 capsules/day of pomegranate extracts for 4 weeks. Blood draws will take place at screening and 4 weeks of the study.

All assessments will be free of charge.

Study participants will receive \$90 for the study.

Contact Dr. Arpita Basu at 405-744-4437 for more information on qualifying for the study.



Nutritional Sciences