Seeking healthy older persons who don’t like to exercise, yet like chocolate

We are conducting a randomized controlled pilot study at UCSD to determine if consuming a cocoa extract daily (as compared to a placebo) can improve your muscle strength and function.

To qualify you must:
- Be between the age of 65-80
- Be a non-smoker
- Currently engage in less than 150 minutes of moderate physical activity/week
- Not have major diseases or mobility limitations
- Not be taking dietary supplements, statins or steroids
- Stop chocolate, red wine and tea consumption for 3 months

Potential benefits of participation:
- Increased cognitive and physical fitness awareness
- Knowledge of your bone mineral density and body composition
- Up to $100 in compensation

This study is sponsored by The National Institutes of Health/Aging.
If interested, please call: (858) 534-9315.

The study Principle Investigator is Deborah Kado, MD, MS
Professor of Medicine, UCSD, Director of the UCSD Osteoporosis Clinic

UNIVERSITY of CALIFORNIA, SAN DIEGO
HEALTH SCIENCES