



Seeking Research Participants



Help us understand how your daily brew affects your body!

What is the study about?

Students in the exercise science program are conducting a study to explore how regular caffeine intake may influence bone health and muscle performance.

Participants will be compensated with a Starbucks Gift Card upon completion of data collection.

Interested in Participating?

Email us at
caffeine.bodycomp.research@gmail.com

Or scan the QR code



Who can be in this study?

- University of Hartford students aged 18-26
- Anyone, regardless of caffeine consumption habits
- Healthy individuals with no history of bone/muscular disorders, diabetes, osteoporosis, or thyroid/parathyroid disorders
- Not currently taking medications that affect bone or muscle metabolism

What's involved?

Participants will be required to complete:

- Health history questionnaire
- 3-day caffeine consumption log
- 24-hour urine sample
- 1 hour lab visit
 - Free bone density scan (DEXA)
 - Muscle strength assessment