



## **Mood Study**

**Who can qualify:** Apparently healthy men and women, aged 21-65.

### **Supplement:**

You will receive either Cognizin® (citicoline) or a placebo (inactive substance). This supplement is currently available on the market and is considered a nootropic supplement to support memory, attention, and mood.

### **Visits:**

Total of 3 visits (~30 min each): Screening visit, Visit 2 prior to taking the supplement for 28 days, Visit 3 after taking the supplement for 28 days.

### **Visits consist of:**

Standard paperwork, vital signs, weight, blood work, mood, stress, and sleep questionnaires, and body composition.

All testing is free of charge to you and the results are available to you so you can share with your physician.

### **Reimbursement:**

In addition to your lab-work results, you will be compensated \$800 upon successful completion of the study.

### **About CAHS:**

We are a Clinical Research Organization that focusses on health, prevention and wellness.

Our lab is made up of PhD's in Exercise Science, Registered Dietitian, Registered Nurses, a Study Physician and Research Associates.

### **What is Next:**

Please contact us to see if you qualify and for additional information about the study.

Call/text us with any questions, our number is: **330-926-6927**

Visit our website to fill out a pre-screening form: <https://www.thecaHS.com/want-to-participate>.

Our research staff will schedule you for a screening appointment.

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[TheCAHS.com](http://TheCAHS.com)