

## **Bovine Milk Oligosaccharide Study**

**Who is conducting this study?** This study led by Daniela Barile Ph.D., and colleagues at the UC Davis Foods for Health Institute, Food Science and Technology, and Viticulture and Enology and Chemistry departments is part of the **Milk Bioactives** and **Functional Glycobiology Programs**. This study has been reviewed and approved by the UC Davis Committee for the Protection of Human Subjects.

**What is the purpose of this study?** The purpose of this study is to learn how consumption of the complex indigestible sugars from dairy products called bovine milk oligosaccharides (BMO) influence the growth of your intestinal microflora toward beneficial microflora populations. We also want to determine how well you tolerate consumption of these complex milk sugars.

**Who can participate?** We are looking for healthy men and women 18-40 years old, with a BMI 18-25, who were born by vaginal birth (not C-section) and were breastfed for a minimum of 2 months.

### **Who is NOT eligible to participate?**

- Individuals who regularly consume high fiber cereals or fiber supplements
- Individuals who frequently consume yogurt
- Individuals who are lactose intolerant and/or allergic to dairy or wheat
- Individuals who use tobacco products
- Individuals who are pregnant or lactating
- Individuals with a known presence of gastrointestinal/malabsorption disorders or autoimmune disease
- Individuals taking prescription or over-the-counter medications that include pre/probiotics, oral contraceptives, corticosteroids, anti-obesity agents, laxatives, and lipid-altering medications

### **What is expected of me during the study?**

You will be randomly assigned to consume one of three dietary supplements that include: a large or small dose of Bovine milk oligosaccharides or a placebo. Each supplement will be consumed as two doses with a complimentary breakfast and lunch served at UC Davis. Each supplement arm will last 12 days. You will consume the supplement with a free breakfast and lunch for 11 days of the 12 days. Each 12-day supplement arm will be followed by a two-week wash-out period in which you will not be given any supplement. After the two-week wash-out period, you will start a new supplement arm identical to the first except for the supplement type or dose for 12 days, followed by another 2-week wash-out period. A third and last supplement period will follow the second wash-out, and you will have completed the study by taking part in all three supplement groups. The three dietary arms will be completed in about 2 months. You will be asked for blood, urine and stool samples at the beginning, middle and end of each arm.

**How will I be compensated?** Along with your complimentary breakfast and lunch on each study weekday, you will be financially compensated \$150 in the form of a Safeway or Target gift cards provided in three installments: \$30 to complete the first arm; \$50 to complete the second arm; and \$70 to complete the last arm of the study.

**If you have any questions or are interested in being screened for this study, please call the Clinical Coordinator, Melissa Breck at (888) 217-5355 or email at [ucdavis.ffhi.clinicalstudies@gmail.com](mailto:ucdavis.ffhi.clinicalstudies@gmail.com)**