

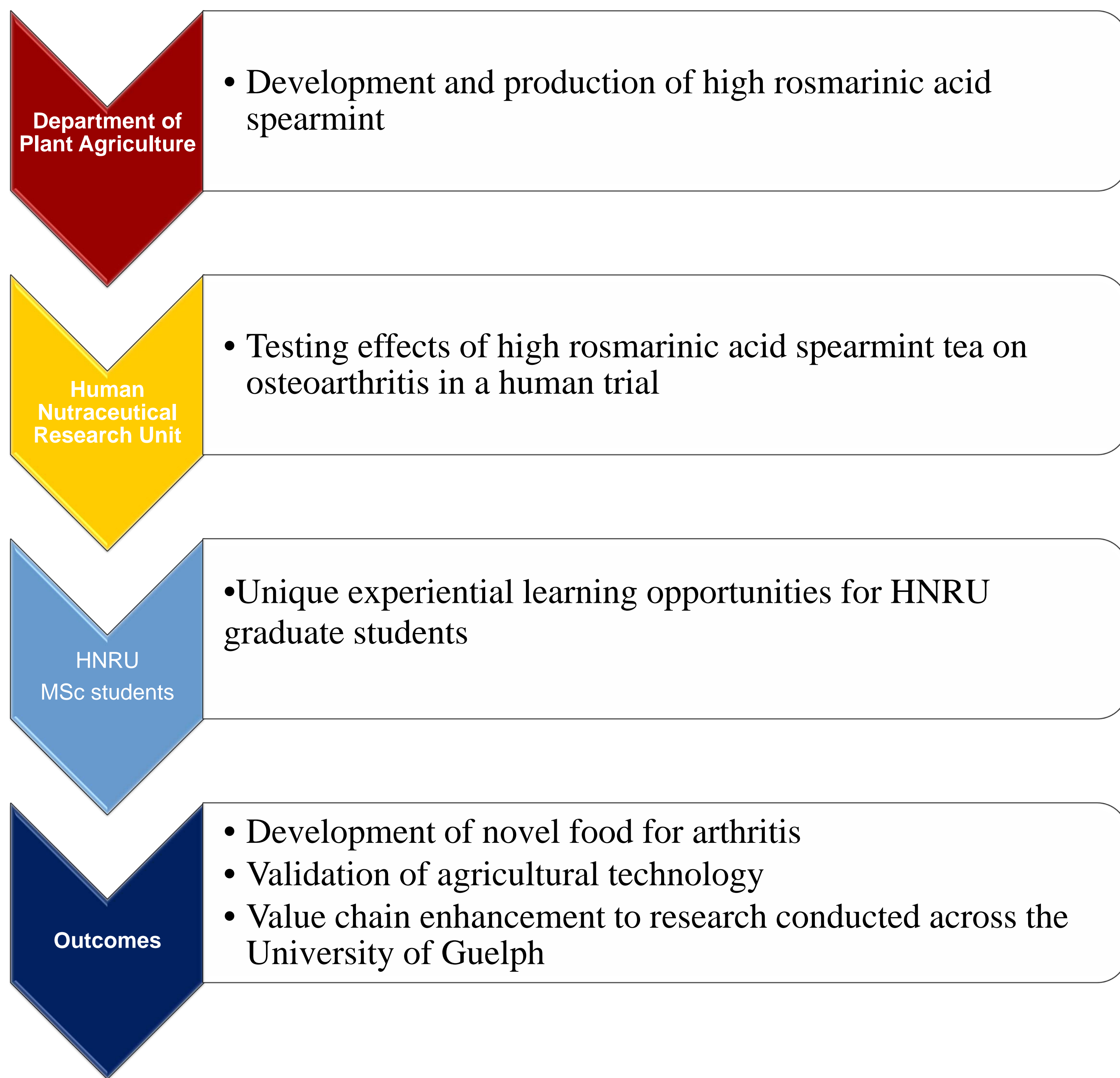
The Human Nutraceutical Research Unit: Advancing Foods & Natural Health Products through Human Research

Wright, Tulk and Duncan

Department of Human Health and Nutritional Sciences, University of Guelph

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Partnership in Action



1

Human Nutraceutical Research Unit

The Human Nutraceutical Research Unit (HNRU) is a research and educational unit in the Department of Human Health and Nutritional Sciences, College of Biological Sciences, University of Guelph.

The vision of the Human Nutraceutical Research Unit is to support the University's rich and intensive activities in the areas of food and health, through human testing of foods and natural health products.

Human nutrition studies in the HNRU provide value chain enhancements to research conducted across the University of Guelph campus, particularly in the food and agricultural sciences.

The HNRU offers unique experiential learning opportunities to undergraduate and graduate students in the area of human nutrition testing. Students participate in all aspects of the human study process, including:

- Study design and development
- Acquisition of Research Ethics Board & Biohazard Materials approvals
- Participant recruitment and screening
- Study execution, including data collection and sample analysis
- Statistical analysis and reporting

2

Study Background

Purpose:

To investigate the benefits of daily consumption of a high rosmarinic acid spearmint tea on measures of disease activity, cartilage degradation, inflammation and physical function in adults with osteoarthritis

Design:

This study will use a randomized, double blind, placebo-controlled design. Participants will be matched for age, gender and disease activity, and then randomly assigned to receive either the investigative high rosmarinic acid spearmint tea or a comparable placebo mint tea for a 4-month treatment period.

Research Partnership:

A partnership was formalized whereby the Department of Plant Agriculture is growing and harvesting the high rosmarinic acid spearmint and processing and testing the composition of the spearmint tea. The HNRU research team is designing and executing the clinical trial to test the efficacy of the high rosmarinic acid spearmint tea in osteoarthritis.

Funding Partnership:

This study is supported by the OMAFRA Food for Health Research Theme.

3

Research Team



Pictured from left to right:
Lindsey Chapman, Amanda Wright, Marisa Catapang, Alison Duncan, Erin Connelly, Wendy Pearson, Laima Kott, Hilary Tulk. Missing: Ronald Fletcher

HNRU, Department of Human Health and Nutritional Sciences, University of Guelph:

Tulk, H.M.F., Duncan, A.M.D. and Wright, A.J.

HNRU MSc students:

Catapang, M.D., Chapman, L.E.H. and Connelly, A.E.

Department of Plant Agriculture, University of Guelph:

Kott, L.S., Fletcher, R.S., and Pearson W.

4