Recruiting Volunteers for a Research Study
Effects of magnesium and vitamin D supplementation on Bone and Cardiovascular health

Research Objective
Obese or overweight people have a poor vitamin D status. This study will assess whether magnesium supplementation together with vitamin D supplementation improves vitamin D status.

Who is eligible?
You should be between ages 30 – 70 years and overweight or obese (BMI > 25 kg/m²).

What is involved?
You will be asked to take a vitamin D and/or magnesium supplement for 12 weeks and we will measure your vitamin D status and metabolic profile. We will also measure your bone density and body composition with a DXA.

Study Visits and Compensation
3 study visits, $100 compensation

If you are interested in participating in this study, please contact:
Dr. Deeptha Sukumar, May Cheung
Email: projectvitd@drexel.edu
Phone: 267.359.5854
Room 317 • 1601 Cherry Street • Philadelphia, PA 19102

This research is conducted by a researcher who is a member of Drexel University and is funded by the American Heart Association.