

# Nutrition Research Participants Needed

If you have Parkinson's Disease and suffer from constipation, you may be eligible to participate in a research study.

## The effect of psyllium and wheat bran on body weight in people with Parkinson's Disease and constipation symptoms

The University of Florida Food Science and Human Nutrition Department is conducting a 10-week study to evaluate the effect of two commonly used dietary fibers (psyllium and wheat bran) on weight status and constipation symptoms compared to placebo in individuals with Parkinson's disease.

You will be randomly assigned to consume either psyllium fiber, wheat bran, or a placebo for 8 weeks. There are 2 visits that can be completed virtually (over Zoom) or in-person at the University of Florida.

At home, you will complete online daily questionnaires to assess bowel function, stress, quality of life, and dietary intake. During your study visits, we will assess your nutritional status and non-motor symptoms.

Participants will receive:

- Compensation upon completion of the study
- Breakfast at both study visits (if done in-person)

### Are you eligible?

- 40-85 years old
- Diagnosed with Parkinson's Disease
- Using laxatives (e.g., Miralax, etc.) 2 or more days per week for at least the past month
- Not currently using a fiber supplement
- Have no difficulty swallowing



**If you are interested in the study or unsure if you meet the requirements, call or email:**

**Matt Beke, MS, RDN, LDN**  
**Lead Study Coordinator**  
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**352-340-7321**

Study to be conducted in  
Gainesville, FL

**If interested, complete the screening questionnaire at**  
**<https://tinyurl.com/NROStudy>**