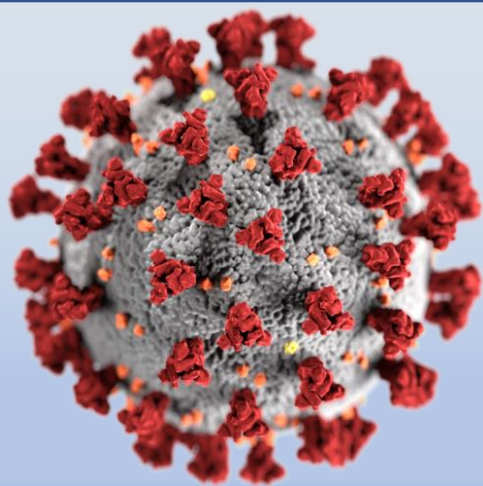




Does taurine supplementation improve your symptoms of Long COVID and health?

Many people who had a COVID infection have prolonged symptoms (>3 months) which can include an inability to stand for long periods and issues with their blood vessels not functioning correctly. These people may be deficient in a dietary substance called taurine (an amino acid in meat, fish, and dairy).

We are looking for men and women to participate in this study to evaluate if taking 12 weeks of taurine supplements improve symptoms and blood vessel function in the body and brain.

Eligibility: Men and women who are aged 18-65, have tested positive for COVID-19, and have been experiencing symptoms of Long COVID for >3 months (in particular, feelings of faintness when standing for too long). Participants must already be taking taurine or about to start taking taurine. A control group NOT taking taurine is also being recruited.

Participation would involve:

- 1) Two in-lab visits 12 weeks apart. Lab visits involve symptom questionnaires, a resting vascular test and a 5 minute tilt table test.
- 2) At home heart rate measurements weekly (monitors supplied by our lab)

Participants will receive \$50/visit and parking on campus for the day

If you have questions about your eligibility, you can call or email our study team at York University. This project has been approved by the Research Ethics Board at York University.

CONTACT – Dr. Heather Edgell, edgell@yorku.ca or 416-736-2100 ext. 22927

Both In-lab sessions will be at Keele Campus, York University

Scan the QR code to save the contact information to your phone

