Supplementation Period (2 wks)  
Crossover/Washout Period (1 - 2 wks)  
Supplementation Period (2 wks)

n = 10 (5M/5F)  
Active  
Visit 1  
Visit 2  
Visit 3  
Visit 4  
Active  
Placebo  
Visit 1  
Visit 2  
Visit 3  
Visit 4  
Placebo

Vascular testing

Blood Draw

Insert catheter

Pre-supplement blood

Supplement ingestion

Post Supplement Blood Draws

RH-FBF  
R-FBF  
FMD  
FMD  
FMD  
FMD  
FMD  
FMD  
RH-FBF