The Oxford Brookes Centre for Nutrition and Health (OxBCNH) is starting an exciting new project looking into the effects of consuming different foods on blood glucose and insulin.

All we need from you is 2-3 hours in the morning. You will need to be fasted from the night before and be prepared to have a maximum of 10 small finger pricks performed by trained personnel.

If you would like to get involved and earn £10 of Amazon vouchers per test or would just like more information, then please contact:

Ify Achebe or Hannah Brennan
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