

A research study at the US Army Institute of Environmental Medicine in Natick, MA is being conducted to determine the effects of eating the Meal, Ready-to-Eat (MRE) military ration on gut health. To be eligible, you must:

- Be 18-62 years old.
- Be willing to eat and drink only MRE items for 21 consecutive days.
- Not be trying to lose weight.
- Be willing to give blood, urine and fecal samples.
- Not have a history of gastrointestinal problems.
- Meet additional screening criteria.

Study participation will last 6 weeks. You will be asked to continue eating your normal diet for 31 d or to eat nothing but MREs for 21 d and then your normal diet for 10 d. During the study you will visit our lab in Natick, MA for ~3 hours 4 separate times. We will also meet with you at our lab or at your home/place of work for 30-60 min at least 3 days/week during the study. Data collection will include questionnaires, and blood, urine and fecal samples. Volunteers will be compensated up to \$200 for completing the study. If interested contact Nick at [nicholes.j.armstrong.civ@mail.mil](mailto:nicholes.j.armstrong.civ@mail.mil).