



# Call For Participants



The effect of consuming pectin fibre on health and wellbeing

4 week(s) to complete

Online Shopping voucher

Experiment

Lenton, Nottingham NG7 2UH,  
UK

University of Nottingham

Previous research has shown that the types of bacteria that reside in your gut as well as the chemicals that they produce can have an effect on inflammation and cardiovascular health. The purpose of the study is to investigate the effect of consuming different doses of pectin fibre (found in citrus fruit) on your health and wellbeing by changing the composition of the bacteria that reside within the gut.

Find out more online

Poster printed on 08/05/2024

## More info

by scanning the QR code  
or visiting the URL

# [www.cfp.cc/SQET83](http://www.cfp.cc/SQET83)

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