

# CHAMP STUDY

## Do You Have a Stiff or Sore Knee?

*Is your skin dry or showing signs of ageing?*

You are invited to take part in the Collagen Hydrolysate and Milk Protein (CHAMP) study looking at the effects of collagen and milk protein on joint comfort and skin appearance

We are inviting women over the age of 50, who experience knee pain on most days, to participate

### What does participation involve?

1. Take 1 of 3 supplements (collagen, milk protein or placebo) each day for 4 months
2. Record everything you eat and drink for 4 days at the start and end of the study
3. Attend two visits (4 months apart) to the Human Nutrition Research Unit (HNRU) at Massey University, Palmerston North for:
  - Blood samples
  - Body composition measurements
  - Assessment of your knee pain and skin condition-by completing:
    - A questionnaire
    - A short exercise course
  - DXA bone scan

For more information, either [click here](#) or scan this QR code to view an information sheet and screening survey, or contact the research team:

[CHAMP@massey.ac.nz](mailto:CHAMP@massey.ac.nz)

021 764 868 or (06) 951 6321

The study has been approved by the Health and Disability Ethics Committee, HDEC Ethics Reference 2022 EXP 12925

