

# Endurance athletes wanted

## Does a mouth spray product influence Upper Respiratory Tract Illness (URTI) in endurance athletes?

### We are looking for:

- Trained runners/cyclists/triathletes/swimmers (or any other endurance sport)
- Males and females over the age of 18 years

### For this 3-month monitoring study you will be asked to:

- Record weekly illness symptoms
- Record training (via an online questionnaire)
- Use a commercially-available mouth spray product regularly (when required, in line with manufacturer instructions).
- Take a self-swab sample if/when you have URTI symptoms.



Endurance athletes seem to pick up coughs and colds (URTIs) quite frequently, especially during periods with high training volumes. We therefore wish to monitor endurance athletes' illness (URTI) reports and also test whether a mouth spray product can reduce the occurrence of URTI symptoms in athletes.



SCAN ME

You will receive **£100** to compensate you for your time and effort.

If you are interested and would like more information please contact:

Marlene Schoeman (m.schoeman@kent.ac.uk), or  
Glen Davison (g.davison@kent.ac.uk, 01227816927)