

Nutritional supplements Protocol

General

Within the FSW it is possible to carry out research in which nutritional supplements are administered to participants (for example, L-dopa, oxytocin or Tyrosine). When a study involves high doses of supplements, medicines, or psychotropic substances it is possible that it cannot take place in the FSW, but will have to be moved to the LUMC. Medicines can only be administered in collaboration with the pharmacy.

Some general tips:

- Take the into account how long it is before the supplement or medicine will take effect;
- When administering supplements/food/drinks, use disposable materials whenever possible, such as disposable cups and individual juice carton, instead of a large carton which then has to be kept in the fridge for an extended period of time;
- When medicines need to be kept, do this in a cupboard that can be closed and locked;
- When supplements / food / drink need to be chilled, it is important to keep these in the designated fridge. If in doubt, always consult the lab coordination/SOLO. Food and drink may NOT be kept in a fridge in which bio samples are also kept;
- Ensure that you clean up after any spillages of supplements/food/drink.