

Welcome to our New World of Nutrition Studies



The **Rowett Institute of Nutrition and Health** has been a world leader in nutrition research for over 100 years. Expertise ranges from 'omics' to human dietary studies and also links laboratory science with the socio-economics and psychology of food consumption.

Our new 10000m² purpose-built facility, opening in 2015, takes our research to new levels and offers unique opportunities for industry to access fully integrated support for new product formulation and to validate health benefits through effective human studies.

What can we offer?



The Rowett Institute is uniquely placed to provide industry with support for dietary intervention studies. The Rowett's world-class team of nutrition and health research scientists are supported by clinicians, research nurses and nutritionists to provide a comprehensive service. This approach means that we can work with clients on a confidential basis to develop and deliver the most appropriate and effective study design as well as acting as a single point provider of trials and analysis.

Our services include:

- + Feasibility and study design
- + Ethical approvals
- + Recruitment and volunteer management
- + Study delivery
- + Capture of key physiological and non-physiological outputs
- + Sample and statistical analysis
- + Reporting and follow-up support to client

Our customers

- Developers and producers of functional foods and ingredients for retail and food service
- Developers and producers of foods targeted at specific health related market sectors
- Healthy eating food and drink supply chain partners in retail and food service
- Developers and producers of nutraceuticals and supplements
- Developers of specialist products in medical nutrition
- Pharmaceutical and life science companies with interests in drug-food interactions



What else do we offer?

The research team at the Rowett Institute work on many areas of importance to the private and public sector across the globe.

Obesity /
metabolic health,
satiety, glucose/
insulin regulation
and balance

Personalised
nutrition

Gut health,
the healthy
microbiome,
host-bacteria
interactions
carbohydrate and
metabolism and
its consequences.

Consumer
behaviour ,
psychological
and socio-
economic
drivers of choice

Sustainable
nutrition

Natural
products,
bioactives
and dietary
impacts

Lifestage and
life course
nutrition

Our new human research facility

Metabolic Research Facility

The development kitchen is a laboratory where our research dieticians and nutritionists work with innovative food products to design diets to meet specific scientific requirements. These products can be used subsequently in dietary interventions which explore the effects of single or multiple dietary components.

Clinical Investigation Unit

Clinical staff based in this unit can undertake a wide range of measurements and assessments with participants to assess the effectiveness of dietary interventions. Clinical and biological samples are analysed in our in-house facilities. In addition we undertake a range of other measurements such as food diaries and assessment of hunger.

Body composition suite

The suite contains a wide range of equipment to assess body composition and metabolic rate in a number of different ways which can be used to provide baseline data on participants and to gather physiological data on the effectiveness of the intervention.

Residential Suite

For studies requiring a high level of volunteer monitoring the Unit offers an 8 bed residential facility where dietary and physiological impacts can be closely measured and monitored 24 hours per day, 7 days per week.



Restaurant

A bright and informal space



Residential Suite

The comfort of our overnight study volunteers will be paramount



Area for Relaxation

Contemporary and relaxed.



Entrance and Reception

A welcoming, airy space naturally lit by our glass atrium

Our new base at the University of Aberdeen Medical School Campus



At the heart of the new Rowett Institute is the Human Nutrition Unit, a focus for human intervention studies exploring the effects of diet on health. We have capacity for studies of all sizes and complexity exploring ingredients, food products and dietary approaches as well as complex drug-nutrition interactions. Working with volunteers across all age groups and different health status, our medical staff are supported by our nutrition research scientists, dieticians and statisticians, offering a unique capacity for comprehensive support and flexibility to meet individual needs. We are no strangers to commercial research, one of our spin-out companies Provexis plc was the first to succeed with an EFSA Article 13(5) product related health claim. We look forward to discussing your requirements.

Rowett Institute of Nutrition and Health: A research facility providing comprehensive support to food companies globally.

Further Information

If you would like to know more about how the Rowett can help you with your human dietary intervention study needs or the world class research undertaken in diet, health, sustainability and food choice by our scientists, please contact us.



Contact us

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Sylvia Stephen talks about how the Rowett can meet the needs of companies go to <http://vimeo.com/77406367> or scan code

