COVER PAGE

Official Title

Synergistic Effects of Low-Dose Caffeine and Taurine on Anaerobic, Neuromuscular, and Cognitive Performance: A Double-Blind Randomized Placebo-Controlled Crossover Study

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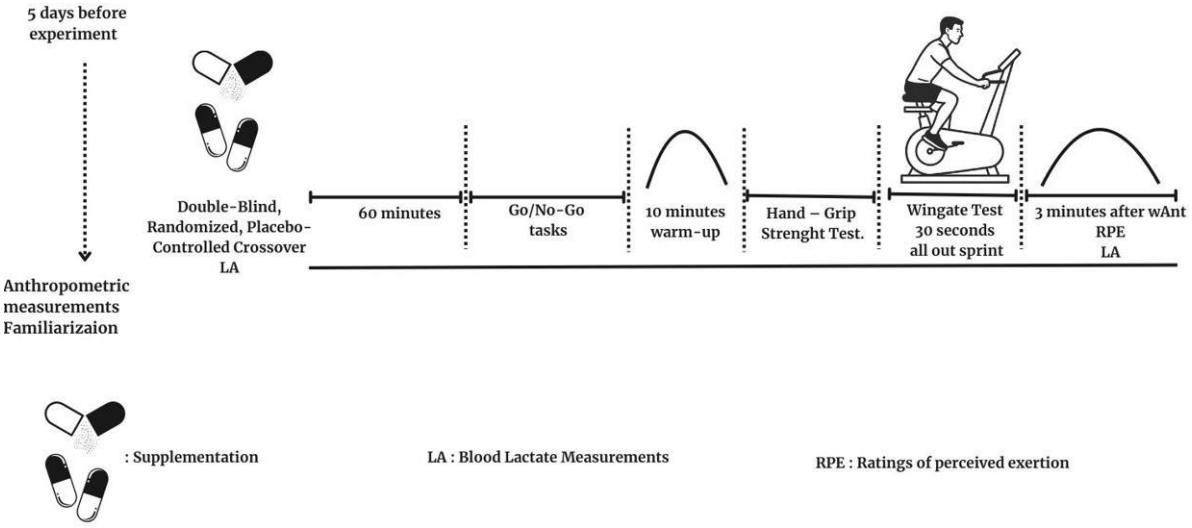

CONSENT FORM

Synergistic Effects of Low-Dose Caffeine and Taurine on Anaerobic, Neuromuscular, and Cognitive Performance: A Double-Blind Randomized Placebo-Controlled Crossover Study

Dear Volunteer,

You are invited to participate in the research study named above. Before deciding whether to take part in this research, it is important that you understand the purpose of the study and what participation involves. Please read the following information carefully. If you have any questions, please feel free to ask and request clear explanations.

The aim of this research project is to investigate the acute effects of low-dose caffeine (2 mg/kg) and taurine (10 mg/kg), administered separately and in combination, on anaerobic performance (handgrip strength test and Wingate test), cognitive performance (Go/No-Go task), blood lactate levels, and perceived exer-tion in trained men.

Within the scope of the study, each participant will complete the tests under four different experimental con-ditions determined in a randomized order:

Caffeine + Placebo, Taurine + Placebo, Caffeine + Taurine, and Placebo + Placebo.

The study is designed as a double-blind and counterbalanced crossover trial. On each test day, supplements will be administered to participants in capsule form, and the testing protocol will begin 60 minutes after supp-lementation. Experimental sessions will be separated by at least 72 hours.

During each testing session, participants will undergo the following procedures in sequence:

- Body composition analysis (InBody 770, InBody Co., Seoul, Korea)
- Handgrip strength measurement using a digital hand dynamometer (measured for both hands, with dominant hand recorded separately)
- Wingate anaerobic performance test (Monark 894E, Sweden)
- Blood lactate measurement (3 minutes after the Wingate test)
- Rating of perceived exertion using the Borg RPE 6–20 scale immediately after the Wingate test
- Go/No-Go task (reaction time test performed using a computerized system or simple response system)

Participants will be asked to avoid heavy physical exercise and caffeine consumption for at least 24 hours before each testing session.

No additional procedures other than those applied to other participants will be required from you. In addition to you, 31 other adult male participants will take part in this study.

Participation in this research is entirely voluntary. Participation in this study will not result in any financial cost to you or to the Social Security Institution to which you are affiliated. You will also not receive any payment for participating in this study.

The results of this research will be used for scientific purposes only. If you withdraw from the study or are withdrawn by the researchers, your data will not be used. However, once the data have been anonymized, it may not be possible to remove them from the dataset. Your decision to withdraw from the study will not affect any treatment or services you receive.

All information obtained from you will be kept confidential, and if the study is published, your identity will re-main protected.

If you have any questions or suspect any side effects, you may contact Research Assistant Yakup Köse during working hours at (+90 248) 213 14 49, or at any time (24 hours) at +90 533 478 14 77.

I have read (or had read to me) the two-page information provided above, which contains the information that must be given to volunteers before the research begins. I asked the researchers questions about any points that I thought were unclear and received satisfactory answers. I believe that I fully understand all the written and verbal explanations provided to me. I was given sufficient time to decide whether or not I wish to participate in the study. I understand what will happen to me during this research and that I may withdraw from the study at any time, with or without giving a reason. I understand that I will receive a copy of this signed consent form. Under these conditions, I voluntarily agree that the information obtained about me within the scope of this research may be used for scientific purposes and may be presented and published provided that confidentiality

CONSENT FORM

rules are respected, and that I am participating in this study of my own free will without any pressure or coercion.

With this information, regarding the samples obtained from me:

□ I do not allow them to be used in other scientific studies.

□ I allow them to be used in other scientific studies for scientific purposes, provided that my identity remains confidential.

Volunteer;	Researcher;
Name-Surname:	Name-Surname: Yakup KÖSE
Date:	Date:
Signature:	Signature: