

ABSTRACT

THESIS: The Influence of COCOZEN on Arterial Stiffness and Central Blood Pressure in Middle-Aged and Older Adults

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Purpose: The purpose of this study was to investigate the effect of COCOZEN on both arterial stiffness and central blood pressure following a 4-week supplementation period in middle-aged and older adults (40-70 years old) **Methods:** In this double-blind randomized control trial, participants reported to the Human Performance Laboratory before and after supplementation period for central blood pressure and arterial stiffness measurements. Participants were given either COCOZEN (1.5g/day) or placebo supplementation for four weeks. **Results:** There were no differences in arterial stiffness despite the COCOZEN group showing a 7% average decrease in arterial stiffness ($P=0.07$) compared to a 2% increase in the placebo group ($P=0.37$). However, there was no change in central arterial blood pressures. **Conclusion:** Males and females 40-70 years of age did not show differences in aortic stiffness or central arterial blood pressure after COCOZEN supplementation following four weeks.