



## Exploratory Research Study: Aging Volatome 0.1 (2021) participant information sheet

This participant information sheet relates to the exploratory study “**Aging Volatome 0.1 (2021)**”.

In the following, we explain what the study entails. You are welcome to ask further questions using the contact details below.

If you do decide to take part in the study, we will ask you to initial a paper copy of each page of this sheet which will be retained by us and another copy which is yours to keep.

### 1. What is the purpose of the research?

This study hopes to explore, on a preliminary basis, whether we can correlate the analysis of tiny particles expelled when humans exhale to their biological age.

### 2. Why have I been invited to take part?

You have been invited because we think you might be willing to help out with this research and you meet ALL of the following criteria:

- a) Non-smoker;
- b) Not on a ketonic diet;
- c) Fasted – you have not eaten a meal (nor a ‘thick’ drink like a milkshake) in the last 12 hours; Do not fast for longer as it might push you in ketosis;
- d) Non-infectious – you do not currently have a disease transmissible by breath or touch;

*Please let us know if you do NOT meet one of the above criteria.*

### 3. What will happen to me if I take part in the research?

If you are happy to take part in the research, you will be asked to attend a single visit(s) at one of our collection centres. Upon arrival, we will talk you through the study procedures and give you the chance to ask any questions. This should take approximately 5 minutes.

You will then be asked to sign a consent form – for you to keep.

We will ask you to take a normal breath in and to breathe out normally into a tube with a bag attached to it<sup>1</sup> – and to repeat this 5 times. We use a new mouthpiece for each volunteer.

### 4. If I decide to take part, can I change my mind?

You may withdraw yourself from the study at any time, without giving a reason – before the sample is taken and analysed. After the sample has been analysed, the data is part of an anonymous set and it will no longer be possible to withdraw.

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<sup>1</sup> (If you are interested in seeing the sampling tube here is a link to a YouTube video → <https://longcity.org/action/> or [https://www.youtube.com/watch?v=8\\_e8spgtAiw](https://www.youtube.com/watch?v=8_e8spgtAiw))

SAMPLE ID  
(assigned by researcher)

participant  
AGE

participant: initial  
(not signature!)



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**5. Are there any potential risks or benefits in taking part?**

No. Breathing into the tube is a safe procedure. Our analysis will not reveal any information about you personally, so there will be no personal benefit to you. There will be no payment or other consideration for taking part in this study – just our heartfelt thanks!

**6. What will happen to the breath sample I give?**

Your breath sample will be labelled with your age and a unique anonymous identifier, collected with other samples, and send for analysis via mass spectrometry. The breath sample is used up in this analysis. The resulting data will be analysed further with special software and artificial intelligence to try to clarify the potential for an age-related signature in breath volatiles.

**7. How will you protect my privacy?**

This study will connect a single identifying data point with the breath sample: your age.

To better protect your privacy we ask you to simply initial this sheet, NOT provide your name and full signature. That means your name will not appear anywhere in our research records although it may appear in related correspondence, such as when you write to us with questions.

We do not know enough about the scientific relevance of data generated via mass spectrograph from breath samples. We may wish to use these datasets in future studies and to share them with other researchers or in online databases. No personal information that could directly identify you will be attached to these datasets, but if you decide to donate breath samples for other research in the future it may be possible to link these two datasets with future technology.

**8. Who is organising, funding and overseeing the research?**

The study is led by Prof. Alexandra Stolzing; and funded by LongeCity.Org a not-for-profit organisation registered in the United States.

If you have any questions, you can contact Prof. Stolzing at [stolzing@gmail.com](mailto:stolzing@gmail.com)

The study has not been reviewed by an institutional review board (IRB).

If you have any concerns or complains about the conduct of the study you can contact the funder at [info@longecity.org](mailto:info@longecity.org) who will respond to you complaint within 10 working days.

You are also warmly invited to visit and contribute at LongeCity.org community forums where the general results and further steps for this research will be discussed.

**Thank you so much for helping with this pilot study into aging biomarkers!**

SAMPLE ID  
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AGE

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