



**Do you suffer with heart failure?**

**Are you interested in taking part in a clinical trial?**

**Are you willing to take a beetroot juice shot daily for 12 weeks?**

**We are inviting men and women in the Greater London area to participate in a 3-month research study investigating the potential effects of nitrate-rich beetroot juice (70mL) in people who have heart failure.**

**You may be able to participate in this study if you are:**

- Aged 18 years or over
- Have been diagnosed with heart failure

**Your travel costs will be compensated**

**To find out more or express interest in taking part in this research, please contact us from Monday to Friday, 09:00 - 17:00 at:**

**Dr Christopher Primus or Ms Sarah Duggan  
Barts Health NHS Trust and  
Queen Mary, University of London**

**Phone: 020 7882 5720**

**Email: [beetrootstudy@qmul.ac.uk](mailto:beetrootstudy@qmul.ac.uk)**

**Does your patient suffer with  
systolic heart failure?**

**Have they expressed interest  
in taking part in a clinical  
trial?**

**Would they be willing to take  
a beetroot juice shot daily for  
12 weeks?**



We are keen to recruit men and women in the Greater London area to participate in a 12-week research study investigating the potential effects of nitrate-rich beetroot juice (70mL) in those with heart failure and reduced ejection fraction (HFrEF, LVEF <40%).

If your patient has demonstrated an interest and is:

- Aged 18 years or over
- Has an established diagnosis of HFrEF with LVEF <40%
  - Is established on best tolerated medical therapy
- Free of heart failure hospital admissions for 12 weeks

Please feel free to contact us, and we can ascertain whether your patient would be suitable for this dietary trial.

To find out more, please contact us at:

Dr Christopher Primus  
Barts Health NHS Trust and QMUL

Phone: 020 7882 5720

Email: [christopher.primus@nhs.net](mailto:christopher.primus@nhs.net) or [beetrootstudy@qmul.ac.uk](mailto:beetrootstudy@qmul.ac.uk)