



## Reduce winter infections in Care Homes (BEET-Winter)

Participant Information Sheet (Version 2.1 10/12/2020)



The aim of the study is to see if we can reduce winter infections such as colds, 'flu, and COVID-19 in care home residents using a natural food supplement over 2 months.

It is your decision whether or not to take part. A member of the Care Home team will explain the study to you. We will ask you questions and collect information from your care home staff and written notes about your medical history and any infections you develop. It is your decision whether or not to take part. If you want to take part in the trial, you will be asked to sign an electronic consent form to say that you agree to take part. Your GP will be informed of your participation in the study.



The supplement is nitric oxide that comes in the form of concentrated beetroot juice. The juice is provided in a small bottle (70ml) and is drunk once-a-day for two

months. The only ingredients in the juice are crushed beetroot with 2% lemon

juice from concentrate. There are no other additives, preservatives or other allergens, and there is no risk of cross-contamination during manufacturing.

Half the care homes in the study will have active juice (juice with naturally occurring nitrate) and the other half will receive inactive juice (juice with nitrate removed).

Neither you nor your care home will know which sort of juice you receive. The active and inactive juice look and taste the same and we will ask you to taste the juice before the study to make sure you can take it.

The inactive juice has the same ingredients as the active juice but with the nitrates removed. This is done using a process by which the juice is filtered through a special resin. This process does not add any other ingredients to the juice

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and also avoids the risk of allergens and other cross contamination.

(Information from James White Drinks Ltd).



Concentrated beetroot juice is widely used by athletes to help their performance. It has been tested in many studies and lowers blood pressure a little. In lab studies, nitric oxide is shown to be anti-microbial (anti-viral, anti-bacterial, anti-fungal) – a feature that might help in fighting infections. Beetroot juice (both active and inactive) will also contribute to one of your 'five-a-day',



Due to its wide use, we do not think you will be harmed by taking part in the study.

The most common effect is that urine may go red or pink coloured. Less commonly, poo (stools/faeces) may also go red or pink coloured. The colour is different from having blood in poo.

On rare occasions, beetroot may cause a rash or stomach cramps (usually because the individual has a food allergy or intolerance).

The care home staff will look out for all of these side effects, but if you have any concerns please speak to the care home.



We will train and support the staff in your care home to give this supplement as part of normal day-to-day care.



If you are agreeable, as part of the study we would like to collect a specimen of spit and urine from you at the beginning and end of the study.

We will use this to test the levels of nitrate/nitrite in their body. The results will be recorded, and the samples will be disposed of immediately.

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Your care home should already be using best practice standard-of-care for limiting spread of infections, including COVID-19. These measures include social distancing, good hygiene (handwashing) and use of Personal Protection Equipment (masks/visors etc).

The juice supplier James White Drinks Ltd has confirmed that they employ strict control measures including restriction of non-essential personnel on site, social distancing, frequent cleaning and disinfecting, good hygiene practice (handwashing) and use of PPE where appropriate (masks and gloves).



If you have a concern about this study, please speak to the care home staff who will do their best to answer your questions. If this does not deal with your concern please contact Philip Bath, whose contact details are given below.



Just tell us and you can withdraw from the study. You don't have to give a reason. We will still use the information we have already gathered but won't bother you any further. And it won't affect any other aspect of your care.



It will take 6 months to complete the study. A report on the findings will be sent to you if you wish, your care home and published in medical journals.

The research is being organised by the University of Nottingham, is led by Professor Philip Bath and is funded through the University.

Research in social care is looked at by an independent group of people called a Research Ethics Committee to protect your interests. This study has been reviewed and given the go-ahead by the Social Care Research Ethics Committee.

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If you want to know more about how the University of Nottingham uses your information in research please go to <https://www.nottingham.ac.uk/utilities/privacy.aspx>  
A copy can be supplied on request.



If you have any further questions please contact us:

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