**NICLA Study for Overweight Asthmatics**

Do you have asthma, are between the ages of 18-65, and are overweight? If so, you may be able to participate in a research study to understand how weight can impact asthma. The study will test treatments that may help improve the health of overweight asthmatics. Compensation is provided.

**Study Purpose**

People who are overweight and have asthma often experience more severe asthma symptoms and find that their condition is harder to treat. Researchers think that overweight individuals may have a different type of asthma that does not respond as well to commonly prescribed medications. In addition, there is a condition called Metabolic Syndrome (a group of factors occurring together that include high blood pressure, increased blood sugar and elevated triglyceride and cholesterol levels) that may impact asthma and other health problems.

The purpose of this study is to understand how higher body weight and metabolic syndrome impact asthma. These compounds are also being evaluated as an affordable treatment that may improve the health of people with both conditions.

**Could This Study Be Right for You?**

- Ages of 18-65
- Diagnosed with asthma
- Overweight

**What Participants Can Expect**

Participation lasts about 16 weeks and includes 6 - 7 office visits and 5 telephone calls.

Study visits will include physical exams, questionnaires, breathing tests, bronchoscopy, blood draws, and the collection of biological samples.

Participants will also be asked to take a daily dose (by mouth) of the study treatment for 12 weeks. The treatment includes a combination of three compounds: conjugated linolenic acid (commonly known as CLA), sodium nitrate, and sodium nitrite. The safety and effectiveness of this combination is being investigated in the study.