Subject: Social Health Lab Second Visit

Hi MAN NAME,

Once again, thank you for participating in this study! Your second visit at the Social Health Lab will be on DAY, MONTH # at TIME. Our lab is located in Room 3318 in the Kenny (Psychology) Building on the UBC Campus. Please bring your shirt sealed in the ziplock bag to your appointment!

**Just a reminder**:

Your role in this experiment is to wear the undershirt we have provided for you for **24 consecutive hours**. In order for your results to be accurate, it is vital to our experiment that you adhere to the following procedures:

**FOR 24 HOURS BEFORE WEARING THE SHIRT:**

* **Avoid** eating odor producing food including chili, garlic, pepper, vinegar, asparagus, spicy food, onions, pepperoni, strong cheese, cabbage, radish, celery, fermented milk products (such as yoghurt), marinated fish and lamb
* **Avoid** using deodorants, antiperspirants, aftershaves, perfumed soaps and shower gels
* **Avoid** smoking, drinking alcohol and using drugs

**DIRECTLY BEFORE WEARING THE SHIRT:**

* Use the provided detergent to launder your bed sheets and towel and any clothes that will touch the shirt (**especially the over-shirt**).
* Wash your body and hair with the provided soap

**WHILE WEARING THE SHIRT:**

* **Please wear another shirt/sweater over our shirt during the day**. The shirt we give you should be worn as an **undershirt** to protect it from outside smells.
* **Avoid** smelly places such as bars and excessive exercise and odor producing activities (including sexual activities)
* **Sleep alone** in your bed (no pets or other people)
* Continue the same procedures as you have for the past 24 hours, including avoiding certain foods and smoking, drinking and using drugs.
* Keep the shirt in the **sealed ziplock bag** when you are not wearing it.

We really appreciate your participation in our experiment, and we look forward to seeing you!

Thanks again,

Social Health Lab