CONSORT 2010 Flow Diagram

Enrollment

Assessed for eligibility (n=33)

Excluded (n=13)
- Not meeting inclusion criteria (n=11)
- Declined to participate (n=2)
- Other reasons (n=0)

Randomized (n=20)

Allocation 1st intervention (10 days)
- Allocated to intervention control diet (n=10)
  - Received allocated intervention (n=10)
  - Drop-out (due to illness (AE), unrelated to intervention) (n=2)

Allocated to intervention extrinsic wheat fiber-enriched diet (n=10)
- Received allocated intervention (n=10)
- Drop-out (n=0)

wash-out (4 days)

Allocation 2nd intervention (10 days)
- Allocated to intervention control diet (n=10)
  - Received allocated intervention (n=10)
  - Drop-out (n=0)

Allocated to intervention extrinsic wheat fiber-enriched diet (n=8)
- Received allocated intervention (n=8)
- Drop-out (n=0)

Analysis

Analysed (n=18)
- Excluded from analysis (n=0)