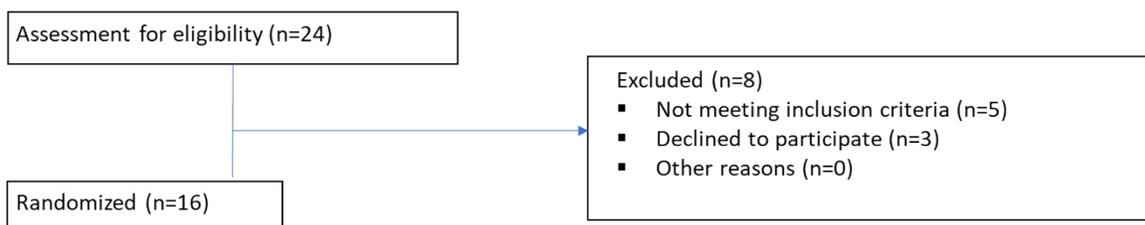
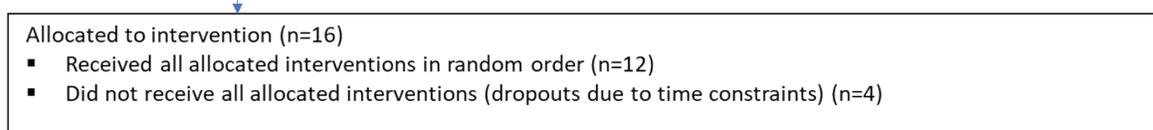


### Enrolment



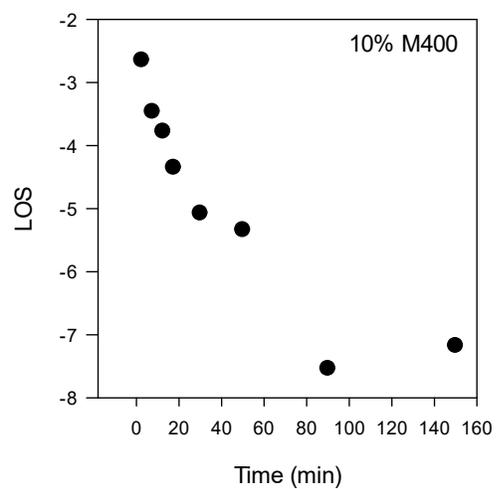
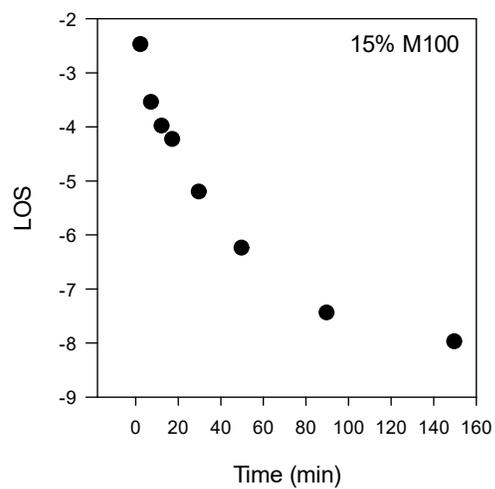
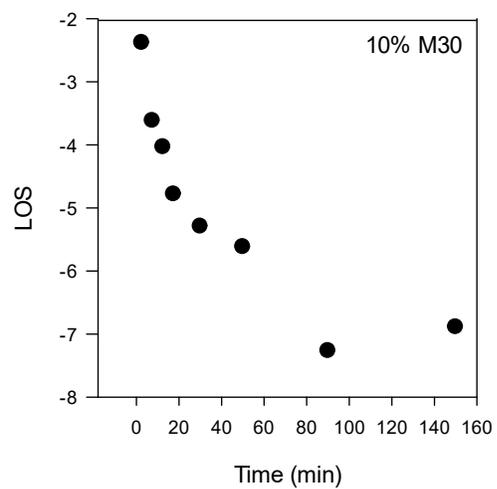
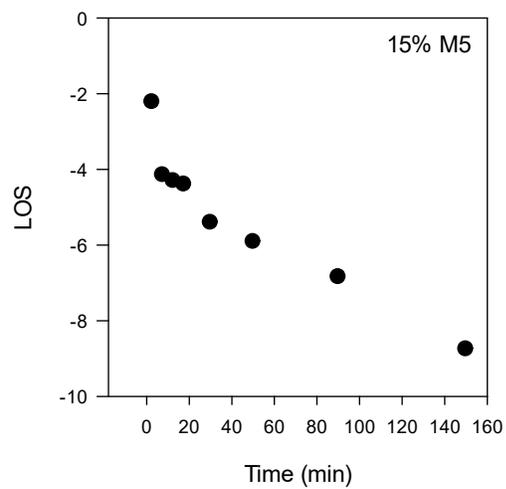
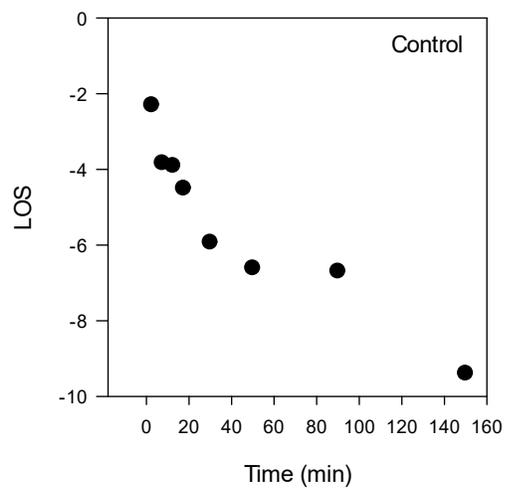
### Allocation



### Analysis



**Supplementary Figure 1** Consolidated Standards of Reporting Trials (CONSORT) flow diagram



**Supplementary Figure 2.** Logarithm of slope (LOS) plots of *in vitro* digestion of starch in the guar fortified test breads. Text labels in each figure represent the wheat flour replacement level by the different guar grades.