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| --- | --- | --- |
| Advertisement via Internet  (published 2016/01/26) |  |  |
|  |  |  |
| Interested n= 30 |  |  |
|  |  | 14 excluded:  n=3 for exclusion criteria  n=11 for other reason (not interested, participation difficult) |
| Screening questionnaire n=16 |  |  |
|  |  | 6 excluded:  n=3 for exclusion criteria  n=3 for other reason (did not answer, not interested) |
| Laboratory and screening by gastroenterologist n=10 |  |  |
|  |  | n=1 excluded for exclusion criteria |
| Eligible for study n=9 |  |  |
|  |  | n=2 withdrew for personal reasons |
| Final study group n=7  (trial 2016/03/14-06/02) |  |  |
|  |  |  |

**Supplemental Figure S1.** Study flowchart

**Supplemental Table S1.** Study events during a study period. The study period started on the previous evening with a standardized meal and ended when the SmartPill® was excreted by defecation.

|  |  |  |
| --- | --- | --- |
| Time (min, h, d) | Event | Meal composition/measurements/details |
| –12 h | Evening snack | Oat porridge, bilberry soup, water |
|  | Overnight fast | Only moderate amount of water |
| *-30 min* | *Arrival* | *Subject arrives research unit between 8 to 10 am* |
| 0 min | VAS, H2 | Baseline measurements |
| 0 min | Smart Pill®  Test breakfast | SmartPill® ingestion with 2-4 dl water  4 slices of test bread (low-FODMAP or regular) with soft margarine, cheese, cucumber or tomato and coffee or tea |
| 30 to 360 min | VAS, H2 | Measurements at 30 min intervals |
| 360 min | Lunch | Spinach soup, boiled egg, 2 slices of test bread (low-FODMAP or regular) with soft margarine and water |
|  | *Departure* | *Subjects departs research unit between 14 to 16 pm* |
| 390 to 660 min | VAS, H2 | Measurements at 30 minute intervals |
| 10–12 h | Dinner | Trout-potato casserole, slices of test bread (low-FODMAP or regular) with soft margarine, banana and water |
|  | Sleep |  |
| About 24 h | VAS, H2 | Measurements before breakfast |
|  | Breakfast | Oat porridge, bilberry soup and water, coffee or tea |
| 1–3 days | VAS, H2 | Measurements at 3 h intervals until SmartPill® is defecated |

VAS, visual analogue scale questionnaire for gastrointestinal symptoms

H2, breath hydrogen measurement with Gastrolyzer®