Total invited 13498

2580 screening questionnaires returned

575 no data returned

807 abdominal pain and discomfort

1198 no abdominal pain and discomfort

310 invited to attend

236 attend appointments

74 did not attend appointment

184 Randomised

92 Active product

4 excluded:
1 age >65, years
1 BMI >35,
2 >3 stool per day

88 Active product

60 reached primary endpoint

92 Control product

1 excluded:
1 BMI >35

91 Control product

49 reached primary endpoint

269 excluded by telephone contact

579 potentially eligible

579 contacts via telephone

3 IBS trial

1 cancer of colon, intestine, stomach

60 reached primary endpoint

25 inflammatory bowel disease

49 new medication

14 pregnant/ breastfeeding

41 Lactose intolerant

121 unwilling to participate

74 did not attend appointment

52 Researcher excluded (Table 1)

91 Control product

1 excluded:
1 BMI >35

91 Control product

49 reached primary endpoint

1198 no abdominal pain and discomfort

236 attend appointments

807 abdominal pain and discomfort

49 new medication

14 pregnant/ breastfeeding

121 unwilling to participate

236 attend appointments

74 did not attend appointment

184 Randomised

92 Active product

4 excluded:
1 age >65, years
1 BMI >35,
2 >3 stool per day

88 Active product

60 reached primary endpoint

92 Control product

1 excluded:
1 BMI >35

91 Control product

49 reached primary endpoint

2 other clinical trial/ research

575 no data returned

575 no data returned

52 Researcher excluded (Table 1)