Sent baseline questionnaire (n = 289)

Assessed for eligibility (n = 245)

Total excluded (n = 78)
- Not meet inclusion criteria (n = 49)
- Withdrew consent (n = 17)
- Not returned blood sample (n = 5)
- No food intolerance (n = 7)

Randomised (n = 167)

Sham diet (n = 83)
- 4 week follow-up (n = 77)
  - Withdrew consent (n = 1)
  - No response (n = 5)
- 12 week follow-up (n = 71)
  - Withdrew consent (n = 0)
  - No response (n = 11)

True diet (n = 84)
- 4 week follow-up (n = 77)
  - Withdrew consent (n = 2)
  - No response (n = 6)
- 12 week follow-up (n = 67)
  - Withdrew consent (n = 1)
  - No response (n = 14)