



A SINGLE-BLIND, RANDOMIZED HOME-USE STUDY, IN 52 HEALTHY MALE AND FEMALE SUBJECTS (ALL WITH SELF-ASSESSED OR SELF-DIAGNOSED DIGESTIVE ISSUES) AGED 40 TO 65 TO EVALUATE THE EFFICACY OF AN ACTIVE SUPPLEMENT IN TREATING DIGESTIVE DISTRESS WHEN COMPARED TO A PLACEBO, MEASURED BY SELF-PERCEPTION QUESTIONNAIRES (SPQ).

Prepared for:

Nutreance
401 Riversville Rd.
Greenwich
CT, 06831
USA

Prepared by:

PCR Corp
8 Richmond Road
Dukes Park
Chelmsford
Essex
CM2 6UA
United Kingdom

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A SINGLE-BLIND, RANDOMIZED HOME-USE STUDY, IN 52 HEALTHY MALE AND FEMALE SUBJECTS (ALL WITH SELF-ASSESSED OR SELF-DIAGNOSED DIGESTIVE ISSUES) AGED 40 TO 65 TO EVALUATE THE EFFICACY OF AN ACTIVE SUPPLEMENT IN TREATING DIGESTIVE DISTRESS WHEN COMPARED TO A PLACEBO, MEASURED BY SELF-PERCEPTION QUESTIONNAIRES (SPQ).

PCR CORP REPORT NO: NUTUSE11M

I declare that the following report constitutes a true and faithful account of the procedures adopted and the results obtained in the performance of this trial. The aspects of the trial conducted by PCR Corp were performed, where relevant, in accordance with the principles of Good Clinical Research Practice.

Barrie Drewitt
(Principal Investigator)

B Drewitt
.....

Date 17 / 05 / 2024
.....

Cassie Newall
(Project Manager)

C Newall
.....

Date 17 / 05 / 2024
.....

QUALITY ASSURANCE STATEMENT

This report has been audited and is considered to be an accurate description of the methods used and an accurate presentation of the data obtained during the conduct of the study.

Rob Sherrington
(Quality Assurance)

R. Sherrington
.....

Date 20 / 05 / 2024
.....

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1. SUMMARY

Title: A single-blind, randomized home-use study, in 52 healthy male and female subjects (all with self-assessed or self-diagnosed digestive issues) aged 40 to 65 to evaluate the efficacy of an active supplement in treating digestive distress when compared to a placebo, measured by self-perception questionnaires (SPQ).

Study design: Single-blind, randomised home-use study.

Test Articles:
1. Nutreance Elevenzyme
2. Placebo

Study Duration: 4 Weeks

Number of subjects: 52 subjects were enrolled, and 52 subjects completed the study.

Type of subjects: Healthy male and female volunteers, aged 40 to 65 with self-assessed or self-diagnosed symptoms of gas, bloating, heartburn, indigestion.

Subject exclusion:

- No subjects diagnosed medically with a digestive disorder.
- No subjects on prescription medication
 - Birth control allowed as long as the prescription had not been changed in the last 6 months prior to the start of the study.
- No pregnant subjects or subjects planning to become pregnant.
- No subjects currently breastfeeding.
- No subjects currently taking a probiotic, natural digestive enzymes or microbiome tablets/drinks.
 - Over the counter antacids allowed.

Observations: Subjects attended the study facility (baseline) where informed consent and eligibility were verified. Once accepted, subjects were instructed on how to take the supplement as per Sponsor instruction. Subjects were issued the product to use for 4 weeks along with a daily diary.

32 Subjects took the Test Article 50/50 Male/Female split
20 Subjects took the Placebo 50/50 Male/Female split

Claims Substantiated: 90.63% taking the test article experienced less gas.
96.88% taking the test article experienced less bloating.
96.88% taking the test article experienced less frequent or less intense digestive discomfort.
93.75% taking the test article were able to eat foods they had previously avoided.
None of the participants taking the test article experienced any negative side effects.

Study start date: w/c 11th March 2024

Study end date: w/c 8th April 2024

Location: PCR Corp
164A Plymouth Grove
Ardwick
Manchester
M13 0AF
United Kingdom

2. KEY STUDY PERSONNEL AND RESPONSIBILITIES

Key personnel	General responsibilities
<p>Principal Investigator (PI) Barrie Drewitt PCR Corp 310 S MacDill Ave Suite 100 Tampa FL 33609 USA</p> <p>Tel: +1 813-864-7364</p>	<p>The Principal Investigator (PI) was responsible for ensuring sufficient resources are available to conduct the study according to Good Clinical Practice (GCP), reporting any serious adverse events to the Sponsor, review of the study protocol and report, and ensuring that they concur with the study findings.</p>
<p>Study Supervisor (SS) Andrew King PCR Corp 164A Plymouth Grove Ardwick Manchester Greater Manchester M13 0AF United Kingdom</p> <p>Tel: +44 (0)1617 911797</p>	<p>The Study Supervisor (SS) was responsible for the conduct of the study on a daily basis.</p>
<p>Project Manager (PM) Cassie Newall PCR Corp 8 Richmond Road Dukes Park Chelmsford Essex CM2 6UA United Kingdom</p> <p>Tel: 01245 934050</p>	<p>The Project Manager (PM) was involved with the study design, writing the study protocol and compilation of study results and summary report.</p>
<p>Project Co-ordinator (PC) Dan Watters Nutreance 401 Riversville Rd. Greenwich CT. 06831 USA</p> <p>Email: dwatters29@gmail.com</p>	<p>The Project Coordinator (PC) was the primary point of contact on behalf of the Sponsor of this project and represented the Sponsor of this study.</p>

3. INTRODUCTION AND OBJECTIVE

The objective of this study was to evaluate the attributes of a dietary supplement by subjects at home as measured by comparison with a placebo and self-perception questionnaire (SPQ) over a 4-week period to make the following claims:

- X% of subjects reported...
- X% of subjects agreed...

The Sponsor is responsible to determine the testing and study designs required for submission to entities such as the Home Shopping Network, QVC, etc.

4. STUDY DESIGN

Single-blind, randomised home-use study.

5. SELECTION OF SUBJECTS

52 subjects who met the eligibility criteria were enrolled onto the study. Subjects met the following inclusion and exclusion criteria, were willing to accept the study prohibitions and restrictions and signed written informed consent.

5.1. INCLUSION CRITERIA

1. Healthy male and female volunteers aged 40 to 65.
2. All ethnicities.
3. All skin types.
4. Subject has self-assessed/self-diagnosed symptoms of gas, bloating, heartburn, indigestion.
5. Subject has not been diagnosed medically with a digestive disorder.
6. Subject is not currently taking any prescription medications.
 - Birth control allowed as long as the prescription has not been changed in the last 6 months prior to the start of the study.
7. Subject is not pregnant, trying for pregnancy or breastfeeding.
8. Subject is not currently using any probiotics, natural digestive enzymes, or microbiome tablets/drinks.
 - Over the counter antacids allowed.
9. Subject agrees to sign consent form.
10. Subject agrees to attend all visits and complete the SPQ.
11. Subject agrees to use the product as instructed.

5.2. EXCLUSION CRITERIA

1. Subject has a medically diagnosed digestive disorder.
2. Subject does not have self-assessed gas, bloating, heartburn, indigestion.
3. Subject changed birth control prescription 6 months prior to study start.
4. Subject is pregnant, nursing, or planning to become pregnant.
5. Subject currently uses/takes a probiotic, natural digestive enzymes or microbiome tablets/drinks.
6. History of malignant disease.
7. Significant past medical history of hepatic, renal, cardiac, pulmonary, digestive, haematological, neurological, locomotor or psychiatric disease.
8. History of asthma requiring regular medication.
9. Known sensitivity/allergy to the test article, similar materials or their constituents.
10. Current participation in a similar study or with exclusionary requirements that would interfere with this study.

5.3. PROHIBITIONS AND RESTRICTIONS FOR THE DURATION OF THE STUDY

1. Subject starts a prescription medication course at any point during the course of the study.
2. Subject starts using/taking a probiotic, natural digestive enzymes or microbiome tablets/drinks.
3. Subject becomes pregnant.
4. Subject must use the trial product assigned as instructed.
5. Subject must attend both visits and complete the SPQ.

6. METHOD

Test articles

The test articles were supplied by the Sponsor as follows:

1. Nutreance Elevenzyme
2. Placebo

Directions for use

Take 2 capsules immediately before your largest meal of the day.

The Sponsor provided the test articles.

The Sponsor provided the ingredient listings (Appendix 1) and certified that the products supplied to PCR Corp for the clinical trial had been manufactured/formulated with ingredients that are safe and suitable for the product's stated purpose.

The test articles were used as supplied by the Sponsor, following their usage instructions, detailed in the Subject Information Sheet (Appendix 4).

It was the responsibility of the Sponsor to determine, for each batch of test article, the identity, strength, purity, composition, and other characteristics which appropriately defined the test article before its use in the study. The determination of its stability and documentation of methods of synthesis and derivation were also the Sponsor's responsibility.

It was the responsibility of the Sponsor that the test article met all necessary transport regulations, particularly those regulations involving the carriage of hazardous goods and the import/export of goods, and that any costs including tax/duty were fully met by the Sponsor prior to receipt of the test article at PCR Corp. No liability with regard to safe receipt or costs involved in carriage of goods to any PCR Corp site were accepted.

On study completion, any remaining unused test articles will be disposed of, unless otherwise requested by the Sponsor, after issuance of the final report or 28 days after study completion, whichever comes first. Sponsors requesting the return of products will be liable for any costs incurred.

7. ACTIVE PHASE

Day 1, Visit 1 (Baseline)

Subjects attended the study facility, informed consent and eligibility was verified. Once accepted, subjects were issued the test article along with a diary that included daily questions and an information sheet with directions for usage.

Issue of the test article and the placebo was randomised. 32 subjects were issued the test article (50/50 female/male split), and 20 subjects (50/50 female/male split), were issued the placebo to be used for 4 weeks days.

Once completed, subjects were given a return time for their next visit.

Week 4, Visit 2 (End of Study)

Subjects attended the study facility to return diaries and complete the end of study SPQ.

8. ASSESSMENTS

Self-Perception Questionnaire (SPQ)

Subjects completed an SPQ on how they found using the product at the end of study.

9. STUDY ETHICS

9.4. DECLARATION OF HELSINKI

The study conformed to the requirements of the 1964 Declaration of Helsinki and its subsequent amendments (World Medical Association; 2013)¹.

9.5. SUBJECT CONSENT

Subjects were informed of the nature, purpose and known risk of the study both orally and in writing and gave their written informed consent before participating in the study. Subjects were advised that they were free to withdraw from the study at any time without being obliged to give a reason. They were compensated for their time and inconvenience.

9.6. INDEMNITY PROVISION

The Sponsor shall be responsible, without regard to legal liability, and shall indemnify PCR Corp, or any of their respective officers or employees in the event of claims for compensation from subjects suffering injury arising out of the administration or use of the test article, or of any procedure required under this protocol as a result of a subject participating in this study, except and insofar as such claims arise as a result of any negligent act or omission on the part of PCR Corp employees or any persons undertaking or involved in the study by arrangement with PCR Corp.

9.7. QUALITY ASSURANCE

The study was carried out within the spirit of the ICH Guidelines on Good Clinical Practice, (ICH E6_R2) and other recognised guidelines². An audit of the final report will be completed, for accuracy and completeness of presentation. Additionally, the study may be subject to the following Quality Assurance procedures:

- Review of protocol and protocol amendments for completeness, clarity and adequacy.
- Inspection and/or audit of critical phases of study conduct for compliance with protocol and PCR Corp procedures.

PCR Corp Quality Assurance will inform PCR Corp management of any findings that may affect the integrity of the study.

10. RETENTION OF DATA

All raw data generated by PCR Corp during the course of the study, and including protocol and final report, will be retained in the PCR Corp archive for a minimum period of fifteen years from study completion. In the event of original data being transferred to the Sponsor at their request, exact copies will be so retained. At no time will archived data be destroyed without prior written approval of the Sponsor. All study data will be available at any time, by appointment, for inspection by the Sponsor or their authorised representative.

11. REFERENCES

1. World Medical Association (2013). "Declaration of Helsinki: Ethical Principles for Medical Research Involving Human Subjects". JAMA 310 (20): 2191–2194. doi:10.1001/jama.2013.281053.
2. International Conference on Harmonisation of Technical Requirements for the Registration of Pharmaceuticals for Human Use. Note for Guidance on Good Clinical Practice, Consolidated Guideline. Step 4, Consolidated Guideline, 1/5/96. CPMP/ICH/135/95.
3. ICH E6_R2, INTEGRATED ADDENDUM TO ICH E6(R1): GUIDELINE FOR GOOD CLINICAL PRACTICE, Current Step 4 version dated 9 November 2016.

RESULTS

Location and Dates of the Study

This was a home-use trial. The product was issued w/c 11th March 2024 for use at home by subjects from w/c 11th March 2024 to w/c 8th April 2024.

Subjects

52 subjects were recruited into the study. 52 subjects completed the study.

Adverse events, adverse reactions

No adverse events or reactions have been reported

Demographics

A = Test Article

B= Placebo

Subject No	Sex	Age	Product
1	Female	53	A
2	Female	49	B
3	Male	41	A
4	Female	52	A
5	Female	44	B
6	Male	49	A
7	Male	61	B
8	Male	40	A
9	Female	52	B
10	Female	59	A
11	Male	47	B
12	Female	55	A
13	Female	41	B
14	Male	63	A
15	Female	47	A
16	Female	43	A
17	Female	40	A
18	Male	46	B
19	Female	62	B
20	Male	59	A
21	Female	52	A
22	Male	53	A
23	Female	42	A
24	Male	49	B
25	Female	49	A
26	Male	42	B

Subject No	Sex	Age	Product
27	Male	54	A
28	Male	63	A
29	Female	45	B
30	Male	41	B
31	Female	45	A
32	Male	58	A
33	Male	46	B
34	Female	55	A
35	Male	49	B
36	Female	44	A
37	Male	58	A
38	Male	42	A
39	Female	49	B
40	Male	47	B
41	Male	43	A
42	Female	56	B
43	Female	61	A
44	Male	48	A
45	Female	45	B
46	Male	46	B
47	Female	55	A
48	Male	49	A
49	Female	52	B
50	Male	49	A
51	Male	53	A
52	Female	47	A

Test Article

32 subjects -16 female, 16 male

Subject No	Sex	Age	Product
1	Female	53	A
3	Male	41	A
4	Female	52	A
6	Male	49	A
8	Male	40	A
10	Female	59	A
12	Female	55	A
14	Male	63	A
15	Female	47	A
16	Female	43	A
17	Female	40	A
20	Male	59	A
21	Female	52	A
22	Male	53	A
23	Female	42	A
25	Female	49	A
27	Male	54	A
28	Male	63	A
31	Female	45	A
32	Male	58	A
34	Female	55	A
36	Female	44	A
37	Male	58	A
38	Male	42	A
41	Male	43	A
43	Female	61	A
44	Male	48	A
47	Female	55	A
48	Male	49	A
50	Male	49	A
51	Male	53	A
52	Female	47	A

Placebo

20 subjects -10 female, 10 male

Subject No	Sex	Age	Product
2	Female	49	B
5	Female	44	B
7	Male	61	B
9	Female	52	B
11	Male	47	B
13	Female	41	B
18	Male	46	B
19	Female	62	B
24	Male	49	B
26	Male	42	B
29	Female	45	B
30	Male	41	B
33	Male	46	B
35	Male	49	B
39	Female	49	B
40	Male	47	B
42	Female	56	B
45	Female	45	B
46	Male	46	B
49	Female	52	B

SPQ Results – 4 weeks

Table 1 - % TopBox analysis (Strongly Agree + Agree)

Questions	(Strongly Agree + Agree)		
	Full SPQS	Placebo	Test Article only
1. I have experienced less frequent or less intense gas	75.00%	50.00%	90.63%
2. I have experienced less frequent or less intense bloat	78.85%	50.00%	96.88%
3. I have experienced less frequent or less intense heartburn	69.23%	45.00%	84.38%
4. I have experienced less frequent or less intense indigestion	75.00%	50.00%	90.63%
5. I have experienced less frequent or less intense gastrointestinal distress	76.92%	50.00%	93.75%
6. I have experienced less frequent or less intense digestive discomfort	71.15%	30.00%	96.88%
7. I have experienced less frequent or less intense acid reflux	65.38%	30.00%	87.50%
8. I have experienced less stomach acid	63.46%	20.00%	90.63%
9. I have experienced less flatulence	63.46%	40.00%	78.13%
10. I have experienced less belching	69.23%	35.00%	90.63%
11. I have experienced less frequent or less intense dyspepsia	67.31%	35.00%	87.50%
12. I have experienced less frequent or less intense stomach upset	76.92%	60.00%	87.50%
13. I have experienced less frequent or less intense stomach aches	80.77%	65.00%	90.63%
14. I have experienced less frequent or less intense feelings of fullness	71.15%	40.00%	90.63%
15. I have experienced less frequent or less intense gas pains	69.23%	40.00%	87.50%
16. I have been able to eat certain foods that I previously avoided	71.15%	35.00%	93.75%
17. I have experienced improved digestion	71.15%	35.00%	93.75%
18. I have been able to digest foods I normally struggle to tolerate	67.31%	40.00%	84.38%
19. I did not experience any negative side effects from taking the product	92.31%	80.00%	100.00%
20. I would recommend this product	73.08%	45.00%	90.63%

CONCLUSIONS

Data from the self-perception questionnaire from subjects using the test article (not the placebo subjects) after 4 weeks of test article use shows a favourable majority with scores >78% across all questions.

Data from the SPQs for the test article users only shows:

100.00% of subjects did not experience any negative side effects from taking the product.

90.63% of subjects would recommend this product.

96.88% of subjects agree they experienced less frequent or less intense bloating after just 4 weeks.

93.75% of subjects agree they have experienced less frequent or less intense gastrointestinal distress after just 4 weeks.

93.75% of subjects agree that they have been able to eat certain foods previously avoided after just 4 weeks.

90.63% of subjects agree they have experienced less frequent or less intense gas after just 4 weeks.

90.63% of subjects agree they have experienced less frequent or less intense indigestion after just 4 weeks.

87.50% of subjects agree they have experienced less frequent or less intense stomach upset after just 4 weeks.

84.38% of subjects agree they have experienced less frequent or less intense heartburn after just 4 weeks.

APPENDIX 1: INCIS**TEST ARTICLE 1 – NUTREANCE ELEVENZYME****Supplement Facts****Serving Size:** 1 Vegetable Capsule**Servings Per Container:** 30

	Amount Per Serving	%DV
ElevenZyme [®] Proprietary Blend	110 mg	†
Amylase (3,500 DU), Protease (21,000 HUT), Protease (4,000 PC), Alpha-Galactosidase (150 GalU), Glucoamylase (9 AGU), Lactase (1,000 ALU), Protease (50 SAPU), Invertase (400 SU), Lipase (500 FIP), Acid Maltase (14 MaltU), Peptidase (2 AP)		

† Daily Value not established.

Other Ingredients: Microcrystalline Cellulose,
Vegetable Capsule, Magnesium Stearate.**TEST ARTICLE 2 - PLACEBO**

APPENDIX 2: INFORMED CONSENT**CONSENT FORM**

Study Code: NUTUSE11M

Subject#: _____

**INTRODUCTION**

You are being asked to participate in a research study. Prior to giving your consent to be a subject, it is important that you take the time to read and understand what your participation would involve. This consent form may contain technical language which you may not understand. If you do not understand any of this consent form, please ask the clinical staff any questions you may have.

You will be provided with a signed copy of this consent form and any other necessary written information prior to the start of the study.

OBJECTIVE

The objective of this study is to evaluate the performance of 1 Test Article by subjects at home as measured by self-perception questionnaire (SPQ) over a 30 day period.

TEST ARTICLES

Dietary Supplement.

STUDY PROCEDURES

You will be one of approximately 50 subjects enrolled onto this study. Your participation in this study will last 30 days and will require 2 visits to the testing facility.

Day 1, Visit 1 (Baseline)

You will attend the study facility where informed consent and eligibility will be verified. Once accepted, you will be issued the test article, along with a diary with daily questions to complete and an information sheet with directions for usage. You will then be given a return time for the end of study visit.

Day 30, Visit 2 (End of Study)

You will attend the study facility where your diary will be reviewed for compliance and any adverse effects. You will then complete the end of study SPQ.

RISKS

To the best of our knowledge, these products are not expected to induce an allergic reaction. While the potential for irritation or other reactions during this study are minimal, it is possible for a reaction to occur. Expected reactions for these test article categories are mild in nature and may include the following: redness, itching, stinging or burning. In addition to the risks described, there may be other risks that are currently unforeseeable.

No significant adverse reactions are expected to occur. However, if you develop an adverse reaction or complication as a result of your participation in this study, medical treatment will be provided by clinical staff nurses at PCR Corp or you will be referred for appropriate treatment at no cost to you, as long as you have followed the study instructions. Provisions of such medical care is not an admission of legal responsibility. You will be followed by PCR Corp until the adverse reaction has resolved. No additional compensation will be available to you. Neither the sponsoring company nor the investigating company will be held responsible for any future medical expenses.

BENEFITS

While it is likely that you will not receive any direct benefit from your participation in the study, the study results may have the potential to increase scientific knowledge about skincare products and may allow for new and improved products to be marketed.

CONFIDENTIALITY

Information concerning you that is obtained in connection with this study will be kept confidential by PCR Corp, except that the sponsoring company whose products are being tested will receive a copy of the study records. The data will be uniquely coded to protect your identity. In addition, the study investigator, third party regulatory authorities, including the U.S. Food and Drug Administration (FDA), IRB/IEC or the sponsor (including monitors and auditors), may inspect the records of the study. Therefore, total privacy cannot be guaranteed.

Your signature on the Informed Consent provides your permission for these agencies to view your personal information and the study data.

IN CASE OF STUDY RELATED INJURY

If you are injured while participating in this study, PCR Corp will provide you with treatment. If your illness or injury is the result of the study products or any procedure required by the study that you would not have undergone were it not for your participation in the study, the sponsor will pay usual and customary medical fees for reasonable and necessary treatment, provided you have not already otherwise been properly reimbursed by your insurance, a government program, or other third party coverage for such medical expenses. The sponsor is not responsible for expenses that are due to pre-existing medical conditions, underlying disease, procedures which would have been performed even if you were not participating in the study, your negligence or wilful misconduct, or the negligence or wilful misconduct of institution, principal investigators, or third parties. No funds have been set aside by the sponsor to compensate you for lost wages, disability, or discomfort due to your participation in this study. You do not give up any legal rights as a research participant by signing this consent form.

COMPENSATION FOR INJURY

No significant adverse reactions are expected to occur. However, if you develop an adverse reaction or complication as a result of your participation in this study, medical treatment will be provided by clinical study staff at PCR Corp, or you will be referred for appropriate treatment at no cost to you. Provisions of such medical care are not an admission of legal responsibility. You will be followed by PCR Corp until the adverse reaction has resolved. No additional compensation will be available to you. Neither the sponsoring company nor the investigating company will be held responsible for any future medical expenses.

In no way does signing this consent form waive your legal rights nor does it relieve the investigators, Sponsor or involved institutions from their legal and professional responsibilities.

FEMALES OF CHILDBEARING POTENTIAL

Pregnant and/or nursing women may not take part in this study. Signing and dating this consent form means that you are stating that you are not pregnant, planning a pregnancy, or nursing at the start of the study.

The test products may involve unknown risks to you, your nursing infant, or your unborn child if you become pregnant while on the study. By signing this form, you agree to practice an acceptable method of birth control for the duration of the study.

NEW FINDINGS

Any new information that is discovered during the study and which may influence your willingness to continue in the study will be made available to you.

MEDICAL TREATMENT

In the event of an emergency, dial **999**. If you receive any medical care during the course of the study, inform medical personnel that you are participating in a research study. Please contact PCR Corp staff as soon as possible to inform them of your condition.

WHO TO CONTACT

If you have any questions about this study or in the case of an emergency, contact **Andy King** on **01617 911797** during normal business hours.

VOLUNTARY PARTICIPATION/WITHDRAWAL

Your participation in this research study is strictly voluntary. You may refuse to participate or may discontinue participation at any time during the study without penalty or loss of benefits to which you are otherwise entitled. However, you must contact the test facility and inform a clinical staff member of your decision to withdraw from the study.

If you agree to participate in the study, you are also agreeing to provide PCR Corp with accurate information and to follow study instructions as given to you. If you fail to follow study instructions, you may be asked to discontinue participation.

Your participation in the study may be discontinued at any time without your consent by PCR Corp, regulatory agencies, or the sponsoring company for reasons of but not limited to a severe side event and accompanying illness, or if you do not follow study instructions.

NON-DISCLOSURE

As a condition to your participation in the study you are asked not to discuss any information regarding the products that you are testing, your experiences with the products, or your opinion of the products with anyone outside of the testing facility. By your signature on the Consent you are agreeing to abide by this condition of participation.

COMPENSATION

If you agree to participate in this study, you will be paid £ upon completion of the study.

PHOTOGRAPHY AUTHORIZATION

As an additional part of this study, study staff may take photographs or videotape during the study. These photos or videos may be used for the following purposes: training of PCR materials, PCR advertising, documentation of study procedures/results or upon request of the sponsor. By signing this consent form you are giving your authorization for PCR to take, use, reproduce, and distribute these photographs/videotapes taken during your participation in this study.

CONSENT TO PARTICIPATE

I know that my participation in this study is voluntary and that I have the right to refuse to participate. I know that I may withdraw from the study at any time without penalty or loss of benefits to which I am otherwise entitled. If, at the discretion of the Investigator, it is best to discontinue my participation for reasons other than a failure to obey the directions of the study, I will be paid in full or for the portion of the study I have completed once the study is over.

CONSENT

I have read all of the pages of this consent form and have been given an opportunity to ask questions about this study. Answers to such questions (if any) were satisfactory. I am at least eighteen years old and without reservation give my consent to serve as a subject in this study. By signing this form, I have not given up any of my legal rights as a research subject. I will receive a copy of this signed consent document.

You are making a decision whether or not to participate. Your signature indicates that you have decided to participate, having read the information provided above.

Subject's Name Printed: First

Middle Initial

Last

Subject's Signature

Date

Signature of Person Conducting Consent Discussion

Date

Subject Number

PCR CORP

APPENDIX 3: PRE-TREATMENT QUESTIONNAIRE

Study Code: NUTUSE11M

FOR OFFICE USE ONLY			
Subject No.			
Initials			
Age			
MALE/FEMALE			

STRICTLY CONFIDENTIAL

Inclusion Criteria		Yes	No
1	Healthy male and female volunteers aged 40 to 65.	<input type="checkbox"/>	<input type="checkbox"/>
2	All ethnicities.	<input type="checkbox"/>	<input type="checkbox"/>
3	All skin types.	<input type="checkbox"/>	<input type="checkbox"/>
4	Subject has self-assessed symptoms of gas, bloating, heartburn, indigestion.	<input type="checkbox"/>	<input type="checkbox"/>
5	Subject has not been diagnosed <u>medically</u> with a digestive disorder.	<input type="checkbox"/>	<input type="checkbox"/>
6	Subject is not currently taking any prescription medications. -Birth control allowed as long as the prescription has not been changed in the last 6 months prior to the start of the study.	<input type="checkbox"/>	<input type="checkbox"/>
7	Subject is not pregnant, trying for pregnancy or breastfeeding.	<input type="checkbox"/>	<input type="checkbox"/>
8	Subject is not currently using any probiotics, natural digestive enzymes, or microbiome tablets/drinks. -Over the counter antacids allowed.	<input type="checkbox"/>	<input type="checkbox"/>
9	Subject agrees to sign consent form.	<input type="checkbox"/>	<input type="checkbox"/>
10	Subject agrees to attend all visits and complete the SPQ.	<input type="checkbox"/>	<input type="checkbox"/>
11	Subject agrees to use the product as instructed.	<input type="checkbox"/>	<input type="checkbox"/>
Exclusion Criteria		Yes	No
1	Subject has a <u>medically</u> diagnosed digestive disorder.	<input type="checkbox"/>	<input type="checkbox"/>
2	Subject does not have self-assessed symptoms of gas, bloating, heartburn, indigestion.	<input type="checkbox"/>	<input type="checkbox"/>
3	Subject changed birth control prescription 6 months prior to study start.	<input type="checkbox"/>	<input type="checkbox"/>
4	Subject is pregnant, nursing, or planning to become pregnant.	<input type="checkbox"/>	<input type="checkbox"/>
5	Subject currently uses/takes a probiotic, natural digestive enzymes or microbiome tablets/drinks.	<input type="checkbox"/>	<input type="checkbox"/>
6	History of malignant disease.	<input type="checkbox"/>	<input type="checkbox"/>
7	Significant past medical history of hepatic, renal, cardiac, pulmonary, digestive, haematological, neurological, locomotor or psychiatric disease.	<input type="checkbox"/>	<input type="checkbox"/>
8	History of asthma requiring regular medication.	<input type="checkbox"/>	<input type="checkbox"/>
9	Known sensitivity/allergy to the test article, similar materials or their constituents.	<input type="checkbox"/>	<input type="checkbox"/>
10	Current participation in a similar study or with exclusionary requirements that would interfere with this study.	<input type="checkbox"/>	<input type="checkbox"/>
Prohibitions and Restrictions		Yes	No
1	Subject starts a prescription medication course at any point during the course of the study.	<input type="checkbox"/>	<input type="checkbox"/>
2	Subject starts using/taking a probiotic, natural digestive enzymes or microbiome tablets/drinks.	<input type="checkbox"/>	<input type="checkbox"/>
3	Subject becomes pregnant.	<input type="checkbox"/>	<input type="checkbox"/>
4	Subject must use the trial product assigned as instructed.	<input type="checkbox"/>	<input type="checkbox"/>
5	Subject must attend both visits and complete the SPQ.	<input type="checkbox"/>	<input type="checkbox"/>

Have you ever had any skin problems related to the use of any of the following types of material?

Material	Yes	No	When? – Which products? – What happens?
Dietary Supplements			
Digestive aids			
Other Personal Care Products – please specify			

Questionnaire checked and confirmed by:

Signature

Date

PCR CORP

APPENDIX 4: SUBJECT INFORMATION SHEET

Study Code: NUTUSE11M

You have agreed to your participation in a home-use trial. By agreeing to participate, you are also agreeing to the following prohibitions and restrictions:

- Subject starts a prescription medication course at any point during the course of the study.
- Subject starts using/taking a probiotic, natural digestive enzymes or microbiome tablets/drinks.
- Subject becomes pregnant.
- Subject must use the trial product assigned as instructed.
- Subject must attend both visits and complete the SPQ.

Day 1, Visit 1 (Baseline)

- You will attend the study facility where informed consent and eligibility will be verified.
- Issue of the test article, along with a diary with daily questions you must answer.
- You are required to use the test article as instructed below.

Day 30, Visit 2 (End of Study)

- You are required to return to the testing facility with your diary and any unused product.
- You will then be asked to complete the end of study questionnaire.

Please follow the usage instructions below:

Take 2 capsules immediately before your largest meal of the day.

Safety Information

Keep out of Reach of Children.

Do not exceed dose.

APPENDIX 5: INDIVIDUAL SPQS – DATA – FULL DATA

Subject Number	1. I have experienced less frequent or less intense gas	2. I have experienced less frequent or less intense bloats	3. I have experienced less frequent or less intense heartburn	4. I have experienced less frequent or less intense indigestion	5. I have experienced less frequent or less intense gastrointestinal distress
1	Agree	Agree	Agree	Agree	Strongly Agree
2	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
3	Strongly Agree	Strongly Agree	Agree	Agree	Agree
4	Agree	Agree	Agree	Agree	Agree
5	Agree	Strongly Agree	Strongly Agree	Agree	Agree
6	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
7	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
8	Agree	Agree	Agree	Agree	Agree
9	Agree	Agree	Agree	Agree	Agree
10	Agree	Agree	Strongly Agree	Agree	Agree
11	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Strongly Agree	Agree	Strongly Agree	Agree	Agree
13	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
14	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Neither Agree Nor Disagree	Disagree	Disagree
16	Agree	Agree	Agree	Strongly Agree	Agree
17	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
18	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Agree	Strongly Agree	Agree	Strongly Agree
20	Agree	Agree	Agree	Agree	Agree
21	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
22	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
23	Agree	Agree	Agree	Agree	Agree
24	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree
25	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
26	Disagree	Disagree	Agree	Disagree	Disagree
27	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
28	Agree	Agree	Agree	Agree	Agree
29	Agree	Agree	Agree	Agree	Agree
30	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
32	Strongly Agree	Strongly Agree	Agree	Agree	Agree
33	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
34	Agree	Agree	Agree	Agree	Agree
35	Agree	Strongly Agree	Agree	Agree	Agree
36	Agree	Agree	Agree	Strongly Agree	Strongly Agree
37	Agree	Agree	Agree	Agree	Agree
38	Agree	Agree	Strongly Agree	Agree	Strongly Agree
39	Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Neither Agree Nor Disagree
40	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
41	Agree	Agree	Agree	Strongly Agree	Strongly Agree
42	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
43	Agree	Agree	Agree	Agree	Agree
44	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
45	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
47	Agree	Strongly Agree	Agree	Strongly Agree	Agree
48	Strongly Agree	Agree	Agree	Agree	Agree
49	Agree	Disagree	Neither Agree Nor Disagree	Agree	Agree
50	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree
51	Agree	Strongly Agree	Agree	Agree	Strongly Agree
52	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
% Strongly Agree	17.31%	17.31%	21.15%	19.23%	23.08%
% Agree	57.69%	61.54%	48.08%	55.77%	53.85%
% Neither Agree Nor Disagree	19.23%	15.38%	26.92%	17.31%	17.31%
% Disagree	5.77%	5.77%	3.85%	7.69%	5.77%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
(Strongly Agree + Agree)	75.00%	78.85%	69.23%	75.00%	76.92%

Subject Number	6. I have experienced less frequent or less intense digestive discomfort	7. I have experienced less frequent or less intense acid reflux	8. I have experienced less stomach acid	9. I have experienced less flatulence	10. I have experienced less belching
1	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
2	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
3	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
4	Agree	Agree	Agree	Agree	Agree
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
6	Agree	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree
7	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Agree	Strongly Agree	Strongly Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree
10	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
11	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
13	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Agree
14	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
15	Agree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
16	Agree	Agree	Strongly Agree	Agree	Agree
17	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
18	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
19	Strongly Agree	Agree	Agree	Agree	Agree
20	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
21	Strongly Agree	Strongly Agree	Agree	Agree	Strongly Agree
22	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
23	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
24	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
25	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
26	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree
27	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
28	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
29	Agree	Agree	Agree	Agree	Agree
30	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Strongly Agree	Agree	Agree	Strongly Agree	Agree
32	Agree	Agree	Agree	Agree	Agree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
34	Strongly Agree	Agree	Agree	Agree	Agree
35	Agree	Agree	Agree	Strongly Agree	Agree
36	Strongly Agree	Agree	Agree	Agree	Agree
37	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
38	Agree	Agree	Strongly Agree	Agree	Strongly Agree
39	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
40	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
41	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree
42	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
43	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
44	Agree	Agree	Agree	Agree	Agree
45	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
46	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
47	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
48	Agree	Agree	Agree	Agree	Agree
49	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Agree
50	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
51	Agree	Strongly Agree	Agree	Agree	Agree
52	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Neither Agree Nor Disagree
% Strongly Agree	15.38%	25.00%	23.08%	26.92%	23.08%
% Agree	55.77%	40.38%	40.38%	36.54%	46.15%
% Neither Agree Nor Disagree	26.92%	28.85%	30.77%	25.00%	26.92%
% Disagree	1.92%	5.77%	5.77%	11.54%	3.85%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Total Responses					
(Strongly Agree + Agree)	71.15%	65.38%	63.46%	63.46%	69.23%

Subject Number	11. I have experienced less frequent or less intense dyspepsia	12. I have experienced less frequent or less intense stomach upset	13. I have experienced less frequent or less intense stomach aches	14. I have experienced less frequent or less intense feelings of fullness	15. I have experienced less frequent or less intense gas pains
1	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
2	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
3	Agree	Agree	Agree	Agree	Agree
4	Agree	Strongly Agree	Strongly Agree	Agree	Agree
5	Neither Agree Nor Disagree	Agree	Agree	Agree	Neither Agree Nor Disagree
6	Agree	Agree	Agree	Agree	Agree
7	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Strongly Agree	Agree	Strongly Agree	Agree	Agree
9	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Agree
10	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
11	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree
12	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
13	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
15	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
16	Agree	Agree	Agree	Agree	Agree
17	Agree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
20	Agree	Agree	Strongly Agree	Agree	Agree
21	Agree	Agree	Agree	Agree	Agree
22	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
23	Agree	Agree	Agree	Agree	Agree
24	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
26	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
27	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
28	Agree	Agree	Agree	Agree	Agree
29	Agree	Agree	Agree	Strongly Agree	Agree
30	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
32	Agree	Agree	Agree	Strongly Agree	Agree
33	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
34	Agree	Strongly Agree	Agree	Agree	Agree
35	Agree	Strongly Agree	Agree	Strongly Agree	Agree
36	Agree	Agree	Agree	Agree	Strongly Agree
37	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Agree
38	Agree	Agree	Strongly Agree	Agree	Strongly Agree
39	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Disagree	Neither Agree Nor Disagree
40	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
41	Agree	Agree	Agree	Agree	Strongly Agree
42	Agree	Agree	Agree	Agree	Agree
43	Strongly Agree	Neither Agree Nor Disagree	Strongly Agree	Agree	Agree
44	Agree	Agree	Agree	Strongly Agree	Strongly Agree
45	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree
47	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
48	Agree	Agree	Agree	Agree	Agree
49	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Agree
50	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
51	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree
52	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
% Strongly Agree	25.00%	19.23%	26.92%	25.00%	21.15%
% Agree	42.31%	57.69%	53.85%	46.15%	48.08%
% Neither Agree Nor Disagree	32.69%	21.15%	19.23%	26.92%	28.85%
% Disagree	0.00%	1.92%	0.00%	1.92%	1.92%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Total Responses					
(Strongly Agree + Agree)	67.31%	76.92%	80.77%	71.15%	69.23%

Subject Number	16. I have been able to eat certain foods that I previously avoided	17. I have experienced improved digestion	18. I have been able to digest foods I normally struggle to tolerate	19. I did not experience any negative side effects from taking the product	20. I would recommend this product
1	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
2	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree
3	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
4	Agree	Agree	Agree	Agree	Agree
5	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
6	Agree	Agree	Agree	Agree	Agree
7	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
8	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
10	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
11	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
13	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
14	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
15	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
16	Agree	Agree	Agree	Strongly Agree	Agree
17	Agree	Agree	Neither Agree Nor Disagree	Agree	Strongly Agree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
19	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Agree
20	Agree	Agree	Agree	Agree	Agree
21	Agree	Agree	Agree	Agree	Agree
22	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
23	Agree	Agree	Agree	Agree	Agree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
25	Agree	Agree	Agree	Agree	Agree
26	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
27	Strongly Agree	Strongly Agree	Agree	Agree	Strongly Agree
28	Agree	Agree	Agree	Agree	Agree
29	Strongly Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
30	Agree	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree
31	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
32	Agree	Agree	Agree	Agree	Agree
33	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
34	Agree	Agree	Agree	Strongly Agree	Agree
35	Agree	Agree	Strongly Agree	Agree	Agree
36	Agree	Agree	Agree	Strongly Agree	Agree
37	Agree	Agree	Agree	Agree	Strongly Agree
38	Agree	Strongly Agree	Agree	Agree	Agree
39	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree
40	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree
41	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
42	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
43	Strongly Agree	Agree	Agree	Strongly Agree	Agree
44	Agree	Agree	Agree	Agree	Agree
45	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
46	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
47	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Agree
48	Agree	Agree	Agree	Agree	Strongly Agree
49	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
50	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
51	Agree	Strongly Agree	Agree	Strongly Agree	Agree
52	Strongly Agree	Neither Agree Nor Disagree	Agree	Agree	Strongly Agree
% Strongly Agree	21.15%	19.23%	15.38%	23.08%	17.31%
% Agree	50.00%	51.92%	51.92%	69.23%	55.77%
% Neither Agree Nor Disagree	28.85%	26.92%	32.69%	7.69%	25.00%
% Disagree	0.00%	1.92%	0.00%	0.00%	1.92%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Total Responses					
(Strongly Agree + Agree)	71.15%	71.15%	67.31%	92.31%	73.08%

APPENDIX 6: INDIVIDUAL SPQS – DATA – PLACEBO

Subject Number	1. I have experienced less frequent or less intense gas	2. I have experienced less frequent or less intense bloat	3. I have experienced less frequent or less intense heartburn	4. I have experienced less frequent or less intense indigestion	5. I have experienced less frequent or less intense gastrointestinal distress
2	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
5	Agree	Strongly Agree	Strongly Agree	Agree	Agree
7	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
9	Agree	Agree	Agree	Agree	Agree
11	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
13	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
18	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Agree	Strongly Agree	Agree	Strongly Agree
24	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree
26	Disagree	Disagree	Agree	Disagree	Disagree
29	Agree	Agree	Agree	Agree	Agree
30	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
33	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
35	Agree	Strongly Agree	Agree	Agree	Agree
39	Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Neither Agree Nor Disagree
40	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
42	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
45	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Agree	Disagree	Neither Agree Nor Disagree	Agree	Agree
% Strongly Agree	5.00%	10.00%	15.00%	0.00%	10.00%
% Agree	45.00%	40.00%	30.00%	50.00%	40.00%
% Neither Agree Nor Disagree	35.00%	35.00%	45.00%	35.00%	40.00%
% Disagree	15.00%	15.00%	10.00%	15.00%	10.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	50.00%	50.00%	45.00%	50.00%	50.00%

Subject Number	6. I have experienced less frequent or less intense digestive discomfort	7. I have experienced less frequent or less intense acid reflux	8. I have experienced less stomach acid	9. I have experienced less flatulence	10. I have experienced less belching
2	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
7	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree
11	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
13	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Agree
18	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
19	Strongly Agree	Agree	Agree	Agree	Agree
24	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
26	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree
29	Agree	Agree	Agree	Agree	Agree
30	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
35	Agree	Agree	Agree	Strongly Agree	Agree
39	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
40	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
42	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
45	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
46	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
49	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Agree
% Strongly Agree	5.00%	0.00%	5.00%	10.00%	5.00%
% Agree	25.00%	30.00%	15.00%	30.00%	30.00%
% Neither Agree Nor Disagree	65.00%	60.00%	65.00%	30.00%	55.00%
% Disagree	5.00%	10.00%	15.00%	30.00%	10.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	30.00%	30.00%	20.00%	40.00%	35.00%

Subject Number	11. I have experienced less frequent or less intense dyspepsia	12. I have experienced less frequent or less intense stomach upset	13. I have experienced less frequent or less intense stomach aches	14. I have experienced less frequent or less intense feelings of fullness	15. I have experienced less frequent or less intense gas pains
2	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
5	Neither Agree Nor Disagree	Agree	Agree	Agree	Neither Agree Nor Disagree
7	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
9	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Agree
11	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree
13	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
24	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
26	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
29	Agree	Agree	Agree	Strongly Agree	Agree
30	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
33	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
35	Agree	Strongly Agree	Agree	Strongly Agree	Agree
39	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Disagree	Neither Agree Nor Disagree
40	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
42	Agree	Agree	Agree	Agree	Agree
45	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree
49	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Agree
% Strongly Agree	5.00%	10.00%	0.00%	15.00%	5.00%
% Agree	30.00%	50.00%	65.00%	25.00%	35.00%
% Neither Agree Nor Disagree	65.00%	40.00%	35.00%	55.00%	55.00%
% Disagree	0.00%	0.00%	0.00%	5.00%	5.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	35.00%	60.00%	65.00%	40.00%	40.00%

Subject Number	16. I have been able to eat certain foods that I previously avoided	17. I have experienced improved digestion	18. I have been able to digest foods I normally struggle to tolerate	19. I did not experience any negative side effects from taking the product	20. I would recommend this product
2	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree
5	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
7	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
11	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
13	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
19	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Agree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
26	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
29	Strongly Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
30	Agree	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree
33	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
35	Agree	Agree	Strongly Agree	Agree	Agree
39	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree
40	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree
42	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
45	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
46	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
% Strongly Agree	15.00%	0.00%	15.00%	10.00%	5.00%
% Agree	20.00%	35.00%	25.00%	70.00%	40.00%
% Neither Agree Nor Disagree	65.00%	60.00%	60.00%	20.00%	50.00%
% Disagree	0.00%	5.00%	0.00%	0.00%	5.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	35.00%	35.00%	40.00%	80.00%	45.00%

APPENDIX 7: INDIVIDUAL SPQS – DATA – TEST ARTICLE

Subject Number	1. I have experienced less frequent or less intense gas	2. I have experienced less frequent or less intense bloat	3. I have experienced less frequent or less intense heartburn	4. I have experienced less frequent or less intense indigestion	5. I have experienced less frequent or less intense gastrointestinal distress
1	Agree	Agree	Agree	Agree	Strongly Agree
3	Strongly Agree	Strongly Agree	Agree	Agree	Agree
4	Agree	Agree	Agree	Agree	Agree
6	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
8	Agree	Agree	Agree	Agree	Agree
10	Agree	Agree	Strongly Agree	Agree	Agree
12	Strongly Agree	Agree	Strongly Agree	Agree	Agree
14	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Neither Agree Nor Disagree	Disagree	Disagree
16	Agree	Agree	Agree	Strongly Agree	Agree
17	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
20	Agree	Agree	Agree	Agree	Agree
21	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
22	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
23	Agree	Agree	Agree	Agree	Agree
25	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
27	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
28	Agree	Agree	Agree	Agree	Agree
31	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
32	Strongly Agree	Strongly Agree	Agree	Agree	Agree
34	Agree	Agree	Agree	Agree	Agree
36	Agree	Agree	Agree	Strongly Agree	Strongly Agree
37	Agree	Agree	Agree	Agree	Agree
38	Agree	Agree	Strongly Agree	Agree	Strongly Agree
41	Agree	Agree	Agree	Strongly Agree	Strongly Agree
43	Agree	Agree	Agree	Agree	Agree
44	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
47	Agree	Strongly Agree	Agree	Strongly Agree	Agree
48	Strongly Agree	Agree	Agree	Agree	Agree
50	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree
51	Agree	Strongly Agree	Agree	Agree	Strongly Agree
52	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
% Strongly Agree	25.00%	21.88%	25.00%	31.25%	31.25%
% Agree	65.63%	75.00%	59.38%	59.38%	62.50%
% Neither Agree Nor Disagree	9.38%	3.13%	15.63%	6.25%	3.13%
% Disagree	0.00%	0.00%	0.00%	3.13%	3.13%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
(Strongly Agree + Agree)	90.63%	96.88%	84.38%	90.63%	93.75%

Subject Number	6. I have experienced less frequent or less intense digestive discomfort	7. I have experienced less frequent or less intense acid reflux	8. I have experienced less stomach acid	9. I have experienced less flatulence	10. I have experienced less belching
1	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
3	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
4	Agree	Agree	Agree	Agree	Agree
6	Agree	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree
8	Agree	Strongly Agree	Strongly Agree	Agree	Agree
10	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
12	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
14	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
15	Agree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
16	Agree	Agree	Strongly Agree	Agree	Agree
17	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
20	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
21	Strongly Agree	Strongly Agree	Agree	Agree	Strongly Agree
22	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
23	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
25	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
27	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
28	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Strongly Agree	Agree	Agree	Strongly Agree	Agree
32	Agree	Agree	Agree	Agree	Agree
34	Strongly Agree	Agree	Agree	Agree	Agree
36	Strongly Agree	Agree	Agree	Agree	Agree
37	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
38	Agree	Agree	Strongly Agree	Agree	Strongly Agree
41	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree
43	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
44	Agree	Agree	Agree	Agree	Agree
47	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
48	Agree	Agree	Agree	Agree	Agree
50	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
51	Agree	Strongly Agree	Agree	Agree	Agree
52	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Neither Agree Nor Disagree
% Strongly Agree	21.88%	40.63%	34.38%	37.50%	34.38%
% Agree	75.00%	46.88%	56.25%	40.63%	56.25%
% Neither Agree Nor Disagree	3.13%	9.38%	9.38%	21.88%	9.38%
% Disagree	0.00%	3.13%	0.00%	0.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	96.88%	87.50%	90.63%	78.13%	90.63%

Subject Number	11. I have experienced less frequent or less intense dyspepsia	12. I have experienced less frequent or less intense stomach upset	13. I have experienced less frequent or less intense stomach aches	14. I have experienced less frequent or less intense feelings of fullness	15. I have experienced less frequent or less intense gas pains
1	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
3	Agree	Agree	Agree	Agree	Agree
4	Agree	Strongly Agree	Strongly Agree	Agree	Agree
6	Agree	Agree	Agree	Agree	Agree
8	Strongly Agree	Agree	Strongly Agree	Agree	Agree
10	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
12	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
15	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
16	Agree	Agree	Agree	Agree	Agree
17	Agree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
20	Agree	Agree	Strongly Agree	Agree	Agree
21	Agree	Agree	Agree	Agree	Agree
22	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
23	Agree	Agree	Agree	Agree	Agree
25	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
27	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
28	Agree	Agree	Agree	Agree	Agree
31	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
32	Agree	Agree	Agree	Strongly Agree	Agree
34	Agree	Strongly Agree	Agree	Agree	Agree
36	Agree	Agree	Agree	Agree	Strongly Agree
37	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Agree
38	Agree	Agree	Strongly Agree	Agree	Strongly Agree
41	Agree	Agree	Agree	Agree	Strongly Agree
43	Strongly Agree	Neither Agree Nor Disagree	Strongly Agree	Agree	Agree
44	Agree	Agree	Agree	Strongly Agree	Strongly Agree
47	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
48	Agree	Agree	Agree	Agree	Agree
50	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
51	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree
52	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
% Strongly Agree	37.50%	25.00%	43.75%	31.25%	31.25%
% Agree	50.00%	62.50%	46.88%	59.38%	56.25%
% Neither Agree Nor Disagree	12.50%	9.38%	9.38%	9.38%	12.50%
% Disagree	0.00%	3.13%	0.00%	0.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	87.50%	87.50%	90.63%	90.63%	87.50%

Subject Number	16. I have been able to eat certain foods that I previously avoided	17. I have experienced improved digestion	18. I have been able to digest foods I normally struggle to tolerate	19. I did not experience any negative side effects from taking the product	20. I would recommend this product
1	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
3	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
4	Agree	Agree	Agree	Agree	Agree
6	Agree	Agree	Agree	Agree	Agree
8	Agree	Agree	Agree	Agree	Agree
10	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
12	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
14	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
15	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
16	Agree	Agree	Agree	Strongly Agree	Agree
17	Agree	Agree	Neither Agree Nor Disagree	Agree	Strongly Agree
20	Agree	Agree	Agree	Agree	Agree
21	Agree	Agree	Agree	Agree	Agree
22	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
23	Agree	Agree	Agree	Agree	Agree
25	Agree	Agree	Agree	Agree	Agree
27	Strongly Agree	Strongly Agree	Agree	Agree	Strongly Agree
28	Agree	Agree	Agree	Agree	Agree
31	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
32	Agree	Agree	Agree	Agree	Agree
34	Agree	Agree	Agree	Strongly Agree	Agree
36	Agree	Agree	Agree	Strongly Agree	Agree
37	Agree	Agree	Agree	Agree	Strongly Agree
38	Agree	Strongly Agree	Agree	Agree	Agree
41	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
43	Strongly Agree	Agree	Agree	Strongly Agree	Agree
44	Agree	Agree	Agree	Agree	Agree
47	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Agree
48	Agree	Agree	Agree	Agree	Strongly Agree
50	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
51	Agree	Strongly Agree	Agree	Strongly Agree	Agree
52	Strongly Agree	Neither Agree Nor Disagree	Agree	Agree	Strongly Agree
% Strongly Agree	25.00%	31.25%	15.63%	31.25%	25.00%
% Agree	68.75%	62.50%	68.75%	68.75%	65.63%
% Neither Agree Nor Disagree	6.25%	6.25%	15.63%	0.00%	9.38%
% Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	93.75%	93.75%	84.38%	100.00%	90.63%

APPENDIX 8: DIARY DATA – FULL DATA

Subject Number	Questions	Week 1						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
		1	Do you notice less Gas or Bloating ?	No	No	No	No	Less Bloating
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
2	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
3	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	Less Gas
	Do you notice less Heartburn or Indigestion?	No	No	No	Less heartburn	Less Heartburn	No	less heartburn
	Notes/ Adverse Effects							
4	Do you notice less Gas or Bloating ?	No Difference	No Difference	No Difference	No Difference	Less Gas	Less Gas and Bloating	Less Gas
	Do you notice less Heartburn or Indigestion?	No Difference	No Difference	Less heartburn	Less heartburn	Less Heartburn	No Difference	No Difference
	Notes/ Adverse Effects							
5	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
6	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
7	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
8	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
9	Do you notice less Gas or Bloating ?	No	No	Yes	No	No	No	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
10	Do you notice less Gas or Bloating ?	No	No	No	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
11	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
12	Do you notice less Gas or Bloating ?	No	No	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	Yes	Yes	No	No
	Notes/ Adverse Effects							
13	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
14	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
15	Do you notice less Gas or Bloating ?	No	No	No	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
16	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
17	Do you notice less Gas or Bloating ?	No	No	No	No	No	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
18	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
19	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	Yes	No	No	Yes
	Notes/ Adverse Effects							
20	Do you notice less Gas or Bloating ?	No	No	No	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
21	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	less heartburn	less heartburn
	Notes/ Adverse Effects							
22	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
23	Do you notice less Gas or Bloating ?	No	No	No	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	Yes
	Notes/ Adverse Effects							
24	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
25	Do you notice less Gas or Bloating ?	No	No	No	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	Yes	No
	Notes/ Adverse Effects							
26	Do you notice less Gas or Bloating ?	No	No	No	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							

Subject Number	Questions	Week 2						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
		1	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	less bloating No No	Less Gas and Bloating No No	less gas Less heartburn No	less bloating No No	Less Gas and Bloating No No
2	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No No	No No No	No No No	No Yes No	No Yes No	No Yes No	Yes Yes No
3	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Less Gas and Bloating Less Heartburn No	Less Gas and Bloating No No	Less Gas No No	Less Gas and Bloating No No	Less Gas and Bloating No No	Less Gas and Bloating Less heartburn and indigestion No	Less Gas and Bloating less heartburn and indigestion No
4	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Less Gas and Bloating Less heartburn No	Less Gas and Bloating Less heartburn and indigestion No	Less Gas and Bloating Less heartburn and indigestion No	Less Gas and Bloating Less heartburn and indigestion No	Less Bloating Less heartburn and indigestion No	Less Gas and Bloating Less heartburn and indigestion No	Less Gas and Bloating less indigestion No
5	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No No	No No No	No No No	No No No	No No No	No No No	No No No
6	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No Yes No	No No No	No Yes No	No Yes No	No Yes No	No Yes No	No Yes No
7	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No No	No No No	No No No	No No No	No No No	No No No	No No No
8	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No No	No No No	Yes No No	Yes No No	Yes Yes No	Yes Yes No	Yes No No
9	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes No No	No No No	No No No	No No No	Yes No No	Yes No No	Yes Yes No
10	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes No	Yes No No	Yes No No	Yes Yes No	Yes Yes No	Yes Yes No	Yes Yes No
11	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No No	No No No	No No No	No No No	No No No	No No No	No Yes No
12	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes No	Yes Yes No	Yes Yes No	Yes Yes No	Yes No No	Yes Yes No	Yes Yes No
13	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No No	Yes No No	Yes No No	Yes Yes No	Yes Yes No	Yes Yes No	Yes Yes No
14	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No No	Yes No No	Yes No No	Yes No No	Yes No No	Yes No No	Yes Yes No
15	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes No No	Yes No No	Yes No No	Yes No No	Yes No No	Yes No No	Yes No No
16	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No No	No No No	No No No	No No No	No No No	No No No	Yes No No
17	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes No No	Yes No No	Yes No No	Yes No No	Yes No No	Yes No No	Yes No No
18	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No No	No No No	No No No	No No No	No No No	No No No	No No No
19	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No No	Yes Yes No	No Yes No	Yes Yes No	No Yes No	No Yes No	No Yes No
20	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes No	Yes Yes No	Yes Yes No	Yes Yes No	Yes Yes No	Yes Yes No	Yes Yes No
21	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No No	No No No	less gas Less heartburn No	less bloating Less Indigestion No	No Less heartburn and indigestion No	No Less heartburn No	Less Bloating less heartburn and indigestion No
22	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No No	No No No	Yes Yes No	No No No	No No No	No Yes No	No No No
23	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes No	Yes No No	Yes Yes No	Yes Yes No	Yes No No	Yes Yes No	Yes No No
24	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No No	Less Gas No No	No No No	No No No	No No No	Less Gas No No	No No No
25	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes No No	Yes Yes No	Yes Yes No	Yes No No	Yes Yes No	Yes Yes No	Yes Yes No
26	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes No	Yes No No	Yes No No	Yes Yes No	Yes Yes No	Yes Yes No	Yes Yes No

Subject Number	Questions	Week 2						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
		27	Do you notice less Gas or Bloating ?	No	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
28	Do you notice less Gas or Bloating ?	No	No	No	Yes	Yes	No	No
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
29	Do you notice less Gas or Bloating ?	Less Gas and Bloating	Less Gas and Bloating	Less Gas	Less Gas	Less Gas and Bloating	Less Gas and Bloating	Less Gas
	Do you notice less Heartburn or Indigestion?	Less heartburn and indigestion	Less heartburn and indigestion	Less heartburn	Less Indigestion	Less heartburn and indigestion	Less heartburn and indigestion	Less heartburn and indigestion
	Notes/ Adverse Effects							
30	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
31	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	No
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
32	Do you notice less Gas or Bloating ?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	Yes	Yes	No	Yes	Yes
	Notes/ Adverse Effects							
33	Do you notice less Gas or Bloating ?	Yes	No	Yes	No	No	Yes	No
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	No	No	Yes	No
	Notes/ Adverse Effects							
34	Do you notice less Gas or Bloating ?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
35	Do you notice less Gas or Bloating ?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
36	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
37	Do you notice less Gas or Bloating ?	less bloating	Less Gas and Bloating	Less Gas	less bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	No Difference	No Difference	Less heartburn	Less Indigestion	Less heartburn and indigestion	Less heartburn	less heartburn and indigestion
	Notes/ Adverse Effects							
38	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	Yes	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
39	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	Yes
	Notes/ Adverse Effects							
40	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
41	Do you notice less Gas or Bloating ?	Less Gas	No	Less Gas	Less Gas and Bloating	Less Gas and Bloating	Less Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	No	Less Indigestion	Less heartburn	Less Indigestion	Less heartburn	Less heartburn	less heartburn and indigestion
	Notes/ Adverse Effects							
42	Do you notice less Gas or Bloating ?	No	Yes	Yes	Yes	No	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
43	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	No	Yes	Yes	No	No
	Notes/ Adverse Effects							
44	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
45	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	Yes
	Notes/ Adverse Effects							
46	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
47	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
48	Do you notice less Gas or Bloating ?	Less Gas	Less Gas and Bloating	Less Gas	Less Gas and Bloating	Less Gas	Less Gas and Bloating	Less Gas
	Do you notice less Heartburn or Indigestion?	Less Indigestion	Less Heartburn and Indigestion	Less Heartburn and Indigestion	Less Indigestion	Less Heartburn	Less Heartburn	Less Indigestion
	Notes/ Adverse Effects							
49	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
50	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
51	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
52	Do you notice less Gas or Bloating ?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	No	Yes	Yes	No	Yes
	Notes/ Adverse Effects							

Subject Number	Questions	Week 3						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
		1	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	less Gas Less heartburn	Less Gas and Bloating Less heartburn	Less Gas and Bloating Less heartburn	less gas Less heartburn	less gas
2	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No	No	No	Yes	Yes	No	No
3	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Less Gas and Bloating Less heartburn	Less Gas Less Heartburn	Less Bloating Less heartburn and indigestio	Less Gas and Bloating Less heartburn and indigestio	Less Gas Less Indigestion	Less Gas and Bloating	Less Gas less heartburn
4	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Less Gas and Bloating Less heartburn and indigestio	Less Gas and Bloating Less Heartburn	Less Gas and Bloating Less heartburn and indigestio	Less Gas and Bloating Less heartburn and indigestio	Less Gas and Bloating Less heartburn and indigestio	Less Gas and Bloating Less Heartburn	Less Gas and Bloating less heartburn
5	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No	Yes	No	No	Yes	No	Yes
6	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No	No	No	No	No	Yes	No
7	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No	Yes	Yes	Yes	Yes	Yes	Yes
8	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No	No	No	No	No	No	No
9	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes	Yes	Yes	Yes	Yes	Yes	Yes
10	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes	Yes	Yes	Yes	Yes	Yes	Yes
11	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No	No	No	No	No	Yes	No
12	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes	Yes	Yes	Yes	Yes	Yes	Yes
13	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes	Yes	Yes	Yes	Yes	Yes	Yes
14	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes	Yes	Yes	Yes	Yes	Yes	Yes
15	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes	No	No	No	no	Yes	Yes
16	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes	Yes	Yes	Yes	Yes	Yes	Yes
17	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes	No	No	No	No	Yes	No
18	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No	No	No	No	No	No	No
19	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No	No	No	No	No	No	No
20	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes	Yes	Yes	Yes	Yes	Yes	Yes
21	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Less Gas Less heartburn	Less Gas and Bloating Less heartburn	Less Gas and Bloating Less heartburn	less gas Less heartburn	No	Less Gas and Bloating less indigestion	Less Gas less heartburn
22	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No	No	No	No	No	No	Yes
23	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes	Yes	Yes	Yes	Yes	Yes	Yes
24	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No	No	No	No	Less Gas	No	No
25	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes	No	No	No	Yes	Yes	Yes
26	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Subject Number	Questions	Week 3						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
		27	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
28	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
29	Do you notice less Gas or Bloating ?	Less Gas and Bloating	Less Gas	Less Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	Less heartburn	Less heartburn and indigestion	Less heartburn and indigestion	Less heartburn and indigestion	Less heartburn and indigestion	Less heartburn and indigestion	Less heartburn
	Notes/ Adverse Effects							
30	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
31	Do you notice less Gas or Bloating ?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
32	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
33	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	No	Yes
	Notes/ Adverse Effects							
34	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	Yes	Yes	Yes	No
	Notes/ Adverse Effects							
35	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	No	No	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	No	No	No	No	No
	Notes/ Adverse Effects							
36	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	No	Yes	Yes	No	Yes
	Notes/ Adverse Effects							
37	Do you notice less Gas or Bloating ?	less Gas	Less Gas and Bloating	Less Gas and Bloating	less gas	less gas	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	Less heartburn	Less heartburn	Less heartburn	Less heartburn	No Difference	less indigestion	less heartburn
	Notes/ Adverse Effects							
38	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
39	Do you notice less Gas or Bloating ?	No	No	No	No	No	Yes	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	Yes	No
	Notes/ Adverse Effects							
40	Do you notice less Gas or Bloating ?	No	Yes	Yes	No	Yes	No	Yes
	Do you notice less Heartburn or Indigestion?	No	No	Yes	Yes	No	No	No
	Notes/ Adverse Effects							
41	Do you notice less Gas or Bloating ?	Less Gas	Less Gas and Bloating	Less Gas and Bloating	less gas	No	Less Gas and Bloating	Less Gas
	Do you notice less Heartburn or Indigestion?	less heartburn and indigestion	less heartburn and indigestion	less heartburn and indigestion	Less heartburn	less heartburn and indigestion	less heartburn and indigestion	less heartburn
	Notes/ Adverse Effects							
42	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	Yes	Yes
	Notes/ Adverse Effects							
43	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	Yes	Yes	No	Yes	No
	Notes/ Adverse Effects							
44	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
45	Do you notice less Gas or Bloating ?	No	Yes	No	Yes	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	Yes	No
	Notes/ Adverse Effects							
46	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
47	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
48	Do you notice less Gas or Bloating ?	Less Gas and Bloating	Less Gas	Less Gas	Less Gas and Bloating	Less Gas and Bloating	Less Bloating	Less Gas
	Do you notice less Heartburn or Indigestion?	Less Heartburn	Less Heartburn and Indigestion	Less Indigestion	Less Indigestion	No	Less Indigestion	Less Indigestion
	Notes/ Adverse Effects							
49	Do you notice less Gas or Bloating ?	Yes	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
50	Do you notice less Gas or Bloating ?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	No	Yes
	Notes/ Adverse Effects							
51	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
52	Do you notice less Gas or Bloating ?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	No	Yes
	Notes/ Adverse Effects							

Subject Number	Questions	Week 4						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
		Do you notice less Gas or Bloating ?	Less Gas	Less Gas and Bloating	Less Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating
Do you notice less Heartburn or Indigestion?	less heartburn	No	less heartburn	less heartburn	less heartburn	No Difference	less heartburn	less heartburn
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	Yes	No	No	No	No	No	No	No
Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	Less Gas	Less Gas	Less Gas	Less Gas and Bloating	Less Bloating	Less Gas	Less Gas and Bloating	
Do you notice less Heartburn or Indigestion?	less heartburn	Less Heartburn	Less heartburn	No	Less heartburn and indigestio	Less heartburn and indigestio	Less heartburn and indigestio	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	Less Bloating	Less Gas and Bloating	Less Gas and Bloating	less bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	
Do you notice less Heartburn or Indigestion?	less heartburn	No Difference	Less heartburn and indigestio	less heartburn and indigestio	Less heartburn and indigestio	Less heartburn and indigestio	Less heartburn and indigestio	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	Yes	No	No	Yes	Yes	No	Yes	
Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	No	No	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	No	Yes	No	No	No	No	No	
Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No	
Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	Yes	Yes	No	Yes	Yes	Yes	Yes	
Do you notice less Heartburn or Indigestion?	Yes	Yes	No	Yes	Yes	Yes	Yes	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No	
Do you notice less Heartburn or Indigestion?	No	Yes	No	No	No	No	No	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No	
Do you notice less Heartburn or Indigestion?	less heartburn	No	Less Gas and Bloating	Less Gas and Bloating	less heartburn	No	Less Gas and Bloating	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	No	No	Yes	No	No	No	No	
Do you notice less Heartburn or Indigestion?	No	No	Yes	Yes	Yes	No	Yes	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Do you notice less Heartburn or Indigestion?	No	Yes	Yes	Yes	Yes	No	Yes	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	No	No	Less Gas	No	No	Less Gas	No	
Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Notes/ Adverse Effects								
Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Notes/ Adverse Effects								

Subject Number	Questions	Week 4						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
		27	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes
28	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No Yes	No Yes	No Yes	No Yes	No Yes	No Yes	No Yes
29	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Less Bloating less heartburn	Less Bloating Less heartburn and indigestio	Less Gas and Bloating Less heartburn and indigestio	Less Gas and Bloating Less indigestion	Less Bloating Less heartburn and indigestio	Less Gas and Bloating Less heartburn and indigestio	Less Gas and Bloating Less heartburn and indigestio
30	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No	No No	No No	No No	No No	No No	No No
31	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes	Yes Yes	Yes Yes	No No	Yes No	Yes Yes	Yes Yes
32	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes
33	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No	Yes Yes	No No	No Yes	No No	No Yes	No Yes
34	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes No	Yes No	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes
35	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes No	Yes Yes	Yes Yes	Yes No	No Yes	Yes Yes	Yes Yes
36	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes
37	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	a little more bloated less heartburn	Less Gas and Bloating No Difference	Less Gas and Bloating less heartburn	Less Gas and Bloating less heartburn	Less Gas and Bloating No Difference	Less Gas and Bloating less heartburn	Less Gas and Bloating less heartburn
38	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes
39	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No	Yes Yes	No No	No No	No No	No No	No No
40	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes No	Yes Yes	Yes Yes	Yes No	Yes No	Yes Yes	Yes No
41	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Less Gas less heartburn	Less Gas and Bloating less heartburn and indigestio	Less Gas and Bloating less heartburn and indigestio	Less Gas and Bloating less heartburn and indigestio	Less Gas and Bloating less heartburn and indigestio	Less Gas and Bloating less heartburn and indigestio	Less Gas and Bloating less heartburn and indigestio
42	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes	Yes No	Yes No	Yes No	Yes No	Yes No	Yes Yes
43	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes	Yes No	Yes Yes	Yes No	Yes Yes	Yes Yes	Yes Yes
44	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes
45	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes No	No Yes	Yes Yes	No No	Yes No	Yes Yes	Yes No
46	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	No No	No No	No No	No No	No No	No No	No No
47	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes
48	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Less Gas and Bloating Less Indigestion	Less Gas Less Heartburn and Indigestio	Less Gas and Bloating Less Heartburn	Less Gas and Bloating Less Heartburn and Indigestio	Less Gas and Bloating Less Heartburn and Indigestio	Less Bloating Less Heartburn and Indigestio	Less Gas and Bloating Less Heartburn and Indigestio
49	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes	No Yes	No Yes	No No	No No	No Yes	No Yes
50	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes
51	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes
52	Do you notice less Gas or Bloating ? Do you notice less Heartburn or Indigestion? Notes/ Adverse Effects	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes	Yes Yes

APPENDIX 9: DIARY DATA – PLACEBO

Subject Number	Questions	Week 1						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
2	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
5	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
7	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
9	Do you notice less Gas or Bloating ?	No	No	Yes	No	No	No	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
11	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
13	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
18	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
19	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	Yes	No	No	Yes
	Notes/ Adverse Effects							
24	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
26	Do you notice less Gas or Bloating ?	No	No	No	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
29	Do you notice less Gas or Bloating ?	No Difference	No Difference	No Difference	No Difference	No Difference	Less Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	No Difference	No Difference	No Difference	Less heartburn	Less Heartburn	less heartburn	less heartburn
	Notes/ Adverse Effects							
30	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
33	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
35	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
39	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
40	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
42	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
45	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
46	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
49	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							

Subject Number	Questions	Week 2						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
2	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
5	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
7	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
9	Do you notice less Gas or Bloating ?	Yes	No	No	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	Yes
	Notes/ Adverse Effects							
11	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	Yes
	Notes/ Adverse Effects							
13	Do you notice less Gas or Bloating ?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
18	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
19	Do you notice less Gas or Bloating ?	No	Yes	No	Yes	No	No	No
	Do you notice less Heartburn or Indigestion?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
24	Do you notice less Gas or Bloating ?	No	Less Gas	No	No	No	Less Gas	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
26	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
29	Do you notice less Gas or Bloating ?	Less Gas and Bloating	Less Gas and Bloating	Less Gas	Less Gas	Less Gas and Bloating	Less Gas and Bloating	Less Gas
	Do you notice less Heartburn or Indigestion?	Less heartburn and indigestion	Less heartburn and indigestion	Less heartburn	Less Indigestion	Less heartburn and indigestion	Less heartburn and indigestion	Less heartburn and indigestion
	Notes/ Adverse Effects							
30	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
33	Do you notice less Gas or Bloating ?	Yes	No	Yes	No	No	Yes	No
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	No	No	Yes	No
	Notes/ Adverse Effects							
35	Do you notice less Gas or Bloating ?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
39	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	Yes
	Notes/ Adverse Effects							
40	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
42	Do you notice less Gas or Bloating ?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
45	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	Yes
	Notes/ Adverse Effects							
46	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
49	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							

Subject Number	Questions	Week 3						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
2	Do you notice less Gas or Bloating ?	No	No	No	Yes	Yes	No	No
	Do you notice less Heartburn or Indigestion?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
5	Do you notice less Gas or Bloating ?	No	Yes	No	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	No	No
	Notes/ Adverse Effects							
7	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
9	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	Yes	No	Yes	No	No
	Notes/ Adverse Effects							
11	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	Yes	No
	Notes/ Adverse Effects							
13	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
18	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
19	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	Yes	No	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
24	Do you notice less Gas or Bloating ?	No	No	No	No	Less Gas	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
26	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
29	Do you notice less Gas or Bloating ?	Less Gas and Bloating	Less Gas	Less Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	Less heartburn	Less heartburn and indigestio	Less heartburn and indigestio	Less heartburn and indigestio	Less heartburn and indigestio	Less heartburn and indigestio	Less heartburn
	Notes/ Adverse Effects							
30	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
33	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	No	Yes
	Notes/ Adverse Effects							
35	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	No	No	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	No	No	No	No	No
	Notes/ Adverse Effects							
39	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	Yes	No
	Notes/ Adverse Effects							
40	Do you notice less Gas or Bloating ?	No	Yes	Yes	No	Yes	No	Yes
	Do you notice less Heartburn or Indigestion?	No	No	Yes	Yes	No	No	No
	Notes/ Adverse Effects							
42	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
45	Do you notice less Gas or Bloating ?	No	Yes	No	Yes	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	Yes	No
	Notes/ Adverse Effects							
46	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
49	Do you notice less Gas or Bloating ?	Yes	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	No	Yes	Yes	Yes
	Notes/ Adverse Effects							

Subject Number	Questions	Week 4						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
2	Do you notice less Gas or Bloating ?	Yes	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
5	Do you notice less Gas or Bloating ?	Yes	No	No	Yes	Yes	No	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	No	No
	Notes/ Adverse Effects							
7	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
9	Do you notice less Gas or Bloating ?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
11	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	Yes	No	No	No	No	No
	Notes/ Adverse Effects							
13	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
18	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
19	Do you notice less Gas or Bloating ?	No	No	Yes	No	No	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
24	Do you notice less Gas or Bloating ?	No	No	Less Gas	No	No	Less Gas	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
26	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
29	Do you notice less Gas or Bloating ?	Less Bloating	Less Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Bloating	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	less heartburn	Less heartburn and indigestio	Less heartburn and indigestio	Less indigestion	Less heartburn and indigestio	Less heartburn and indigestio	Less heartburn and indigestio
	Notes/ Adverse Effects							
30	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
33	Do you notice less Gas or Bloating ?	No	Yes	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	Yes	No	Yes	No	Yes	Yes
	Notes/ Adverse Effects							
35	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	No	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	Yes	Yes	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
39	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	Yes	No	No	No	No	No
	Notes/ Adverse Effects							
40	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	Yes	No	No	No	Yes	No
	Notes/ Adverse Effects							
42	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	No	No	Yes	No	Yes
	Notes/ Adverse Effects							
45	Do you notice less Gas or Bloating ?	Yes	No	Yes	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	Yes	Yes	No	No	Yes	No
	Notes/ Adverse Effects							
46	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
49	Do you notice less Gas or Bloating ?	Yes	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	No	No	Yes	Yes
	Notes/ Adverse Effects							

APPENDIX 10: DIARY DATA – TEST ARTICLE

Subject Number	Questions	Week 1						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Do you notice less Gas or Bloating ?	No	No	No	No	Less Bloating	Less Bloating	Less Bloating
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
3	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	Less Gas
	Do you notice less Heartburn or Indigestion?	No	No	No	Less heartburn	Less Heartburn	No	less heartburn
	Notes/ Adverse Effects							
4	Do you notice less Gas or Bloating ?	No Difference	No Difference	No Difference	No Difference	Less Gas	Less Gas and Bloating	Less Gas
	Do you notice less Heartburn or Indigestion?	No Difference	No Difference	Less heartburn	Less heartburn	Less Heartburn	No Difference	No Difference
	Notes/ Adverse Effects							
6	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
8	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
10	Do you notice less Gas or Bloating ?	No	No	No	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
12	Do you notice less Gas or Bloating ?	No	No	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	Yes	Yes	No	No
	Notes/ Adverse Effects							
14	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
15	Do you notice less Gas or Bloating ?	No	No	No	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
16	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
17	Do you notice less Gas or Bloating ?	No	No	No	No	No	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
20	Do you notice less Gas or Bloating ?	No	No	No	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
21	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	less heartburn	less heartburn
	Notes/ Adverse Effects							
22	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
23	Do you notice less Gas or Bloating ?	No	No	No	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	Yes
	Notes/ Adverse Effects							
25	Do you notice less Gas or Bloating ?	No	No	No	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	Yes	No
	Notes/ Adverse Effects							

Subject Number	Questions	Week 1						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
27	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
28	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
31	Do you notice less Gas or Bloating ?	No	No	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	Yes	No	No	Yes
	Notes/ Adverse Effects							
32	Do you notice less Gas or Bloating ?	No	No	No	No	Yes	No	No
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
34	Do you notice less Gas or Bloating ?	No	No	No	No	Yes	No	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
36	Do you notice less Gas or Bloating ?	No	No	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	Yes
	Notes/ Adverse Effects							
37	Do you notice less Gas or Bloating ?	No Difference	No Difference	No Difference	No Difference	Less Bloating	Less Bloating	Less Bloating
	Do you notice less Heartburn or Indigestion?	No Difference	No Difference	No Difference	No Difference	No Difference	less heartburn	less heartburn
	Notes/ Adverse Effects							
38	Do you notice less Gas or Bloating ?	No	No	No	No	No	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
41	Do you notice less Gas or Bloating ?	No	No	No	No	Less Gas	Less Gas	Less Gas
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Less Indigestion	no	no
	Notes/ Adverse Effects							
43	Do you notice less Gas or Bloating ?	No	No	No	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	Yes	No
	Notes/ Adverse Effects							
44	Do you notice less Gas or Bloating ?	No	No	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
47	Do you notice less Gas or Bloating ?	No	No	No	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	No	Yes
	Notes/ Adverse Effects							
48	Do you notice less Gas or Bloating ?	No	No	Less Gas and Bloating	Less Gas	Less Gas	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	Less Indigestion	No
	Notes/ Adverse Effects							
50	Do you notice less Gas or Bloating ?	No	No	No	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	Yes
	Notes/ Adverse Effects							
51	Do you notice less Gas or Bloating ?	No	No	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	Yes	No	No	Yes
	Notes/ Adverse Effects							
52	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							

Subject Number	Questions	Week 2						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Do you notice less Gas or Bloating ?	less bloating	Less Gas and Bloating	less gas	less bloating	Less Gas and Bloating	Less Gas	Less Gas
	Do you notice less Heartburn or Indigestion?	No	No	Less heartburn	No	No	Less heartburn	less heartburn and indigestion
	Notes/ Adverse Effects							
3	Do you notice less Gas or Bloating ?	Less Gas and Bloating	Less Gas and Bloating	Less Gas	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	Less Heartburn	No	No	Less Indigestion	No	Less heartburn and indigestion	less heartburn and indigestion
	Notes/ Adverse Effects							
4	Do you notice less Gas or Bloating ?	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Bloating	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	Less heartburn	Less heartburn and indigestion	Less heartburn and indigestion	Less heartburn and indigestion	Less heartburn and indigestion	Less heartburn and indigestion	Less indigestion
	Notes/ Adverse Effects							
6	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	Yes	No	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
8	Do you notice less Gas or Bloating ?	No	no	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	Yes	No
	Notes/ Adverse Effects							
10	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
12	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	No	Yes	Yes
	Notes/ Adverse Effects							
14	Do you notice less Gas or Bloating ?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	Yes
	Notes/ Adverse Effects							
15	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
16	Do you notice less Gas or Bloating ?	No	No	No	No	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
17	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
20	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
21	Do you notice less Gas or Bloating ?	No	No	less gas	less bloating	No	No	Less Bloating
	Do you notice less Heartburn or Indigestion?	No	No	Less heartburn	Less Indigestion	Less heartburn and indigestion	Less heartburn	less heartburn and indigestion
	Notes/ Adverse Effects							
22	Do you notice less Gas or Bloating ?	No	No	Yes	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	Yes	No	No	Yes	No
	Notes/ Adverse Effects							
23	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	Yes	Yes	No	Yes	No
	Notes/ Adverse Effects							
25	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	Yes	Yes	No	Yes	Yes	Yes
	Notes/ Adverse Effects							

Subject Number	Questions	Week 2						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
27	Do you notice less Gas or Bloating ?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
28	Do you notice less Gas or Bloating ?	No	No	No	Yes	Yes	No	No
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
31	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	No
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
32	Do you notice less Gas or Bloating ?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	Yes	Yes	No	Yes	Yes
	Notes/ Adverse Effects							
34	Do you notice less Gas or Bloating ?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
36	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
37	Do you notice less Gas or Bloating ?	less bloating	Less Gas and Bloating	Less Gas	less bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	No Difference	No Difference	Less heartburn	Less Indigestion	Less heartburn and indigestion	Less heartburn	less heartburn and indigestion
	Notes/ Adverse Effects							
38	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	Yes	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
41	Do you notice less Gas or Bloating ?	Less Gas	No	Less Gas	Less Gas and Bloating	Less Gas and Bloating	Less Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	No	Less Indigestion	Less heartburn	Less Indigestion	Less heartburn	Less heartburn	less heartburn and indigestion
	Notes/ Adverse Effects							
43	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	No	Yes	Yes	No	No
	Notes/ Adverse Effects							
44	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
47	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
48	Do you notice less Gas or Bloating ?	Less Gas	Less Gas and Bloating	Less Gas	Less Gas and Bloating	Less Gas	Less Gas and Bloating	Less Gas
	Do you notice less Heartburn or Indigestion?	Less Indigestion	Less Heartburn and Indigestion	Less Heartburn and Indigestion	Less Indigestion	Less Heartburn	Less Heartburn	Less Indigestion
	Notes/ Adverse Effects							
50	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
51	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
52	Do you notice less Gas or Bloating ?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	No	Yes	Yes	No	Yes
	Notes/ Adverse Effects							

Subject Number	Questions	Week 3						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Do you notice less Gas or Bloating ?	less Gas	Less Gas and Bloating	Less Gas and Bloating	less gas	less gas	Less Gas and Bloating	Less Gas
	Do you notice less Heartburn or Indigestion?	Less heartburn	Less heartburn	Less heartburn	Less heartburn	No	No	less heartburn
	Notes/ Adverse Effects							
3	Do you notice less Gas or Bloating ?	Less Gas and Bloating	Less Gas	Less Bloating	Less Gas and Bloating	Less Gas	Less Gas and Bloating	Less Gas
	Do you notice less Heartburn or Indigestion?	Less heartburn	Less Heartburn	Less heartburn and indigestio	Less heartburn and indigestio	Less Indigestion	No	less heartburn
	Notes/ Adverse Effects							
4	Do you notice less Gas or Bloating ?	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	Less heatburn and indigestion	Less Heartburn	Less heartburn and indigestio	Less heartburn and indigestio	Less heartburn and indigestio	Less Heartburn	Less Gas and Bloating less heartburn
	Notes/ Adverse Effects							
6	Do you notice less Gas or Bloating ?	No	No	No	No	No	Yes	No
	Do you notice less Heartburn or Indigestion?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
8	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	No	No	Yes
	Notes/ Adverse Effects							
10	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
12	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
14	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	No	No	no	Yes	Yes
	Notes/ Adverse Effects							
15	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	No	No	No
	Notes/ Adverse Effects							
16	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	Yes	Yes	Yes	No
	Notes/ Adverse Effects							
17	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	No	No	No	Yes	No
	Notes/ Adverse Effects							
20	Do you notice less Gas or Bloating ?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	No	Yes
	Notes/ Adverse Effects							
21	Do you notice less Gas or Bloating ?	Less Gas	Less Gas and Bloating	Less Gas and Bloating	less gas	No	Less Gas and Bloating	Less Gas
	Do you notice less Heartburn or Indigestion?	Less heartburn	Less heartburn	Less heartburn	Less heartburn	No	less indigestion	less heartburn
	Notes/ Adverse Effects							
22	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	Yes
	Do you notice less Heartburn or Indigestion?	No	No	Yes	Yes	No	No	Yes
	Notes/ Adverse Effects							
23	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	No	Yes	No	Yes	Yes
	Notes/ Adverse Effects							
25	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							

Subject Number	Questions	Week 3						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
27	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
28	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
31	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	No	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
32	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
34	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	Yes	Yes	Yes	No
	Notes/ Adverse Effects							
36	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	No	Yes	Yes	No	Yes
	Notes/ Adverse Effects							
37	Do you notice less Gas or Bloating ?	less Gas	Less Gas and Bloating	Less Gas and Bloating	less gas	less gas	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	Less heartburn	Less heartburn	Less heartburn	Less heartburn	No Difference	less indigestion	less heartburn
	Notes/ Adverse Effects							
38	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
41	Do you notice less Gas or Bloating ?	Less Gas	Less Gas and Bloating	Less Gas and Bloating	less gas	No	Less Gas and Bloating	Less Gas
	Do you notice less Heartburn or Indigestion?	less heartburn and indigestion	less heartburn and indigestion	less heartburn and indigestion	Less heartburn	less heartburn and indigestion	less heartburn and indigestion	less heartburn
	Notes/ Adverse Effects							
43	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	No	Yes	No	Yes	No
	Notes/ Adverse Effects							
44	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
47	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
48	Do you notice less Gas or Bloating ?	Less Gas and Bloating	Less Gas	Less Gas	Less Gas and Bloating	Less Gas and Bloating	Less Bloating	Less Gas
	Do you notice less Heartburn or Indigestion?	Less Heartburn	Less Heartburn and Indigestion	Less Indigestion	Less Indigestion	No	Less Indigestion	Less Indigestion
	Notes/ Adverse Effects							
50	Do you notice less Gas or Bloating ?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	No	Yes
	Notes/ Adverse Effects							
51	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
52	Do you notice less Gas or Bloating ?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	No	Yes
	Notes/ Adverse Effects							

Subject Number	Questions	Week 4						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Do you notice less Gas or Bloating ?	Less Gas	Less Gas and Bloating	Less Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	less heartburn	No	less heartburn	less heartburn	No Difference	less heartburn	less heartburn
	Notes/ Adverse Effects							
3	Do you notice less Gas or Bloating ?	Less Gas	Less Gas	Less Gas	Less Gas and Bloating	Less Bloating	Less Gas	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	less heartburn	Less Heartburn	Less heartburn	No	Less heartburn and indigestio	less indigestion	Less heartburn and indigestio
	Notes/ Adverse Effects							
4	Do you notice less Gas or Bloating ?	Less Bloating	Less Gas and Bloating	Less Gas and Bloating	Less bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	less heartburn	No Difference	Less heartburn and indigestio	Less heartburn and Indigestio	Less heartburn and indigestio	Less heartburn and indigestio	Less heartburn and Indigestio
	Notes/ Adverse Effects							
6	Do you notice less Gas or Bloating ?	No	Yes	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
8	Do you notice less Gas or Bloating ?	No	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	No	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
10	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
12	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
14	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	No	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
15	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	No	Yes
	Notes/ Adverse Effects							
16	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
17	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	No	No	Yes	No	No
	Notes/ Adverse Effects							
20	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
21	Do you notice less Gas or Bloating ?	No	Less Gas and Bloating	Less Gas and Bloating	Less bloating	Less Gas	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	less heartburn	No	less heartburn	less heartburn	No	less heartburn	less heartburn
	Notes/ Adverse Effects							
22	Do you notice less Gas or Bloating ?	No	No	Yes	No	No	No	No
	Do you notice less Heartburn or Indigestion?	No	No	Yes	Yes	Yes	No	Yes
	Notes/ Adverse Effects							
23	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	Yes	Yes	Yes	Yes	No	Yes
	Notes/ Adverse Effects							
25	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							

Subject Number	Questions	Week 4						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
27	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
28	Do you notice less Gas or Bloating ?	No	No	No	No	No	No	No
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
31	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	No	No	Yes	Yes
	Notes/ Adverse Effects							
32	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
34	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	No	No	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
36	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
37	Do you notice less Gas or Bloating ?	a little more bloated	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	less heartburn	No Difference	less heartburn	less heartburn	No Difference	less heartburn	less heartburn
	Notes/ Adverse Effects							
38	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
41	Do you notice less Gas or Bloating ?	Less Gas	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	less heartburn	less heartburn and indigestion	less heartburn and indigestion	less heartburn and indigestion	less heartburn and indigestion	less heartburn and indigestion	Less heartburn and indigestion
	Notes/ Adverse Effects							
43	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	No	Yes	No	Yes	Yes	Yes
	Notes/ Adverse Effects							
44	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
47	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
48	Do you notice less Gas or Bloating ?	Less Gas and Bloating	Less Gas	Less Gas and Bloating	Less Gas and Bloating	Less Gas and Bloating	Less Bloating	Less Gas and Bloating
	Do you notice less Heartburn or Indigestion?	Less Indigestion	Less Heartburn and Indigestion	Less Heartburn	Less Heartburn and Indigestion	Less Heartburn and Indigestion	Less Heartburn and Indigestion	Less Heartburn and Indigestion
	Notes/ Adverse Effects							
50	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
51	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							
52	Do you notice less Gas or Bloating ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do you notice less Heartburn or Indigestion?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Notes/ Adverse Effects							