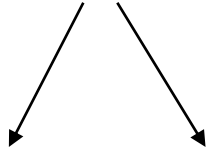


30 adults with pre-diabetes

Recruitment



Randomisation

Data collection: Age, BMI, waist circumference, medication, physical activity, passive smoking, diet history, serum: carboxymethyllysine (CML), methylglyoxal (MG), fasting glucose, fasting insulin, HOMA-IR, reduced glutathione, adiponectin, TLR4, E-selectin, myeloperoxidase, IL-6, hsCRP, sRAGE urine: 8-isoprostanes, creatinine, CML, stool: short chain fatty acid profile, CML, quantification of specific bacterial species

Baseline data collection

N = 15
(prebiotic)

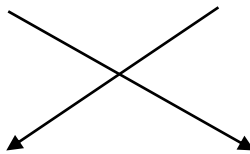
N = 15
(control)

**Intervention:
12 weeks**

Repeat data collection



**Washout:
2 weeks**



**Crossover to
alternate treatment**

N = 15
(prebiotic)

N = 15
(control)

**Intervention:
12 weeks**

Repeat data collection



Data analysis

Analysis

(Intention-to-treat)