

Day 0	Day 1-90		Day 91-104	Day 105-195	
Screening, consent and randomisation	Dose escalation	Intervention 1 Inulin (Group A) OR Placebo (Group B)	Washout (2 weeks)	Dose escalation	Intervention 2 Inulin (Group B) OR Placebo (Group A)

Baseline data collection:  
demographics, medical and social history, anthropometry, diet history, physical activity, collection of blood, urine and stool samples

Post-intervention data collection:  
anthropometry, diet history, physical activity, GIT symptom VAS, collection of blood, urine and stool samples