

# RESEARCH PARTICIPATION

## Recreational, Competitive & Elite Runners Wanted!

### Does Dietary Fibre & a Carb-Fibre-FODMAP Gel Affect The Gut During Exercise?

We are investigating how different fibre intakes before exercise influence gut symptoms and function during prolonged running in hot conditions. Additionally, we are assessing the impact of carbohydrate-fibre-FODMAP gels consumed during exercise.

#### Who Is Eligible?

- Healthy, active individuals - recreational, competitive or elite runners capable of running for 2 hours at moderate intensity (60% of VO<sub>2</sub> max i.e., easy long run pace) in the heat (35°C).
- Aged 18-55 years.

#### What Is Involved?

Visit 1	Visit 2	Visit 3	Visit 4 & 5
<ul style="list-style-type: none"><li>● <i>Body composition and VO<sub>2</sub> max fitness test (~1-1.5 hours).</i></li></ul>	<ul style="list-style-type: none"><li>● <i>2-hr run in heat with programmed water intake</i></li><li>● <i>1-hour seated recovery</i></li><li>● <i>20-minute distance test</i></li><li>● <i>2 hrs additional seated recovery (~7 hrs total)</i></li><li>● <i>Time to use a laptop during recovery periods</i></li></ul>	<ul style="list-style-type: none"><li>● <i>A brief visit (~15 minutes) to provide a faecal sample.</i></li></ul>	<ul style="list-style-type: none"><li>● <i>Repeat Visit 2</i></li><li>● <i>* On one of the visits, you will consume kiwiberry gel during exercise.</i></li><li>● <i>Sessions spaced ~10 days apart.</i></li></ul>

Prior to Visit 2, 4, & 5, participants will follow a prescribed 2-day high- or low-fibre diet. All meals provided on test days.

#### Participant Benefits

- *Individual results from a full fitness assessment (VO<sub>2</sub> max test and body composition).*
- *Valuable insights into how your gut responds to exercise in heat – useful for training & competition.*

Approved by Monash University Human Research Ethics Committee Project ID: 46969

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