**Screening**

- Health screening
  - If subject suitable:
    - Quality of Life (SF-36)
    - Physical Activity (Beacke)
    - Depression, Anxiety and Stress (DASS 21)

**Week 0**
- Baseline week
  - Fasting blood sample
  - Blood pressure
  - Anthropometrics
  - GI Symptoms Diary
  - Daily Fatigue Diary

**Week 1 4 7 10**
- Treatment week
  - Random allocation to bread A, B, C or D in a double-blind, cross-over fashion
  - GI Symptoms Diary
  - Daily Fatigue Diary

**Week 2+3 5+6 8+9**
- Washout week
  - Week 3 6 9 only
  - GI Symptoms Diary
  - Daily Fatigue Diary