

What to ask yourself to prepare for your screening call:

1. Am I between 18 and 65 years old?
2. Am I willing to sign a consent form and follow the study rules?
3. Can I keep my current diet and physical activity levels during the study?
4. Can I swallow a pill that is 23mm long and 9mm wide (reference a 100mg omega 3 pill)?
5. Do I have bloating, functional diarrhea, or IBS-D?
6. Do I have IBS-C or have fewer than 3 bowel movements per week?
7. Have I had any surgeries or conditions that might block my intestines?
8. Do I have any structural issues in my gastrointestinal tract?
9. Do I have a central venous catheter?
10. Have I had radiation treatment on my abdomen?
11. Have I taken medications that affect gut function in the past week?
12. Do I have any motility disorders like gastroparesis or celiac disease?
13. Do I have a serious heart, liver, lung, kidney, or nervous system condition?
14. Have I had cancer in the past year (except for non-melanoma skin cancer)?
15. Do I have inflammatory bowel diseases like Crohn's or ulcerative colitis?
16. Do I have alarm symptoms like rectal bleeding, unexplained weight loss, or iron deficiency anemia?
17. Am I over 50 and haven't had a colonoscopy in the past 5 years?
18. Do I have epilepsy?
19. Do I have any immune-related diseases or infections?
20. Do I have trouble swallowing pills?
21. Have I taken antibiotics (except topically) in the past 12 weeks?
22. Do I regularly take probiotics or prebiotics?
23. Have I ever had a Fecal Microbiota Transplant?
24. Am I currently pregnant, breastfeeding, or planning to become pregnant?



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25. Do I have any history of alcohol or drug abuse?
26. Am I allergic to any ingredients in the study capsules?
27. Do I need to get an MRI during the study period?
28. Am I fluent in English?
29. Do I have any severe symptoms like fever, vomiting, or bloody diarrhea?