

Accepted Manuscript

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PII: S0271-5317(15)00071-8
DOI: doi: [10.1016/j.nutres.2015.04.005](https://doi.org/10.1016/j.nutres.2015.04.005)
Reference: NTR 7462

To appear in: *Nutrition Research*

Received date: 5 December 2014
Revised date: 2 April 2015
Accepted date: 7 April 2015



Please cite this article as: Ansell Juliet, Butts Christine A., Paturi Gunaranjan, Eady Sarah L., Wallace Alison J., Hedderley Duncan, Gearry Richard B., Kiwifruit derived supplements increase stool frequency in healthy adults: a randomized, double-blind, placebo-controlled study, *Nutrition Research* (2015), doi: [10.1016/j.nutres.2015.04.005](https://doi.org/10.1016/j.nutres.2015.04.005)

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Kiwifruit derived supplements increase stool frequency in healthy adults: a randomized, double-blind, placebo-controlled study

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Running Title: Kiwifruit derived supplements increase stool frequency in humans

Keywords: bowel movements; constipation; kiwifruit; laxation; stool frequency; ACTAZINTM

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