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Diet low in FODMAPs Reduces Symptoms of Irritable Bowel Syndrome as Well as Traditional Dietary Advice: A Randomized Controlled Trial

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Abbreviations: BSF, Bristol Stool Form; FODMAPs, Fermentable Oligo-, Di-, Monosaccharides And Polyols; GI, gastrointestinal; GOS, galacto-oligosaccharides; IBS, Irritable bowel syndrome; IBS-SSS, IBS Severity Scoring System.

Conflicts of Interest: No relevant COIs for this study

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Author contribution:

LB: Study concept and design; Dietary advice; Acquisition of data; Analysis and interpretation of data; Drafting of manuscript; Statistical analysis

SS: Study concept and design; Supervision of dietitians; Critical revision of the manuscript for important intellectual content

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