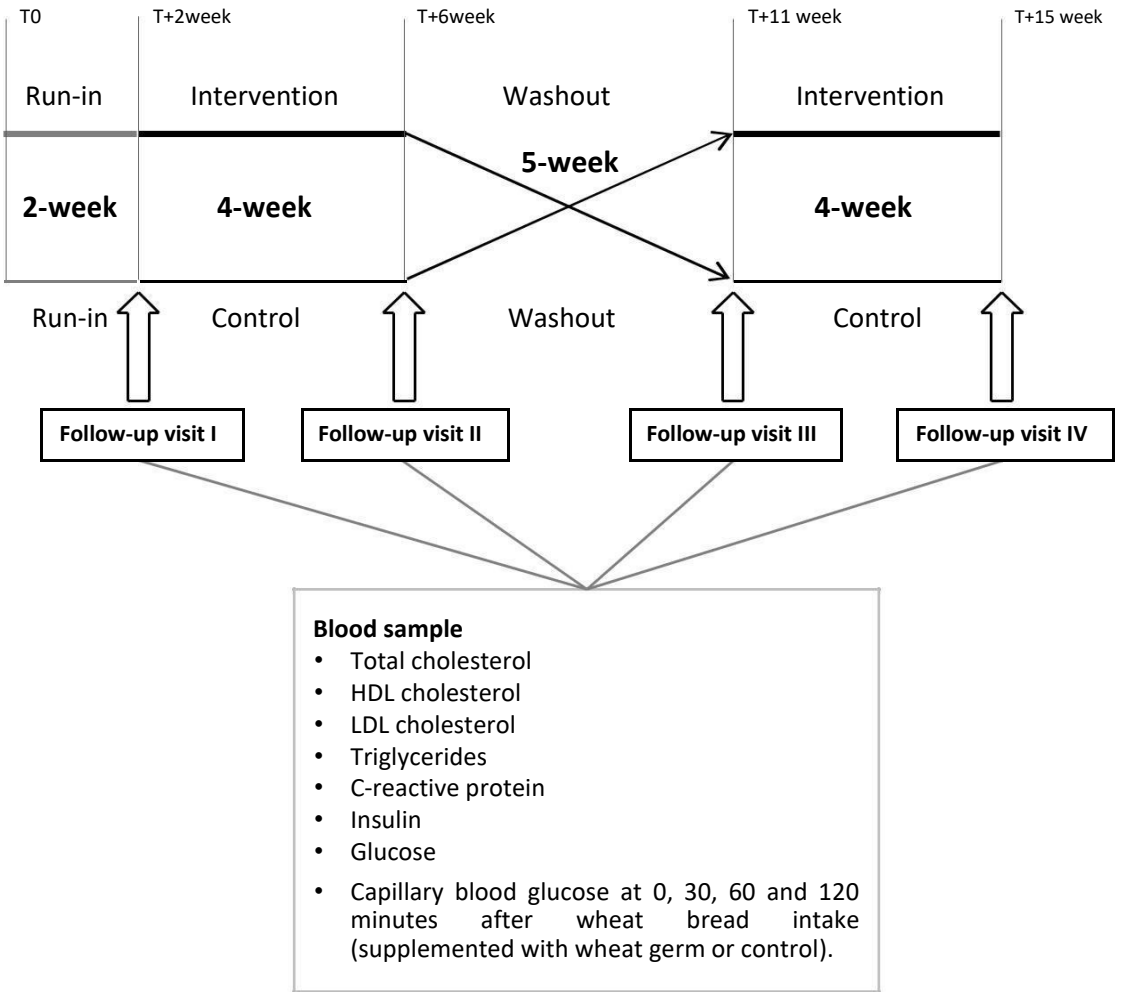
Supplementary Table S1. CONSORT 2010 checklist[1]

Section/Topic	Item No	Checklist item	Reported on page No
Title and abstract			
	1a	Identification as a randomised trial in the title	1
	1b	Structured summary of trial design, methods, results, and conclusions (for specific guidance see CONSORT for abstracts)	3, 4
Introduction			
Background and objectives	2a	Scientific background and explanation of rationale	5, 6, 7
	2b	Specific objectives or hypotheses	6, 7
Methods			
Trial design	3a	Description of trial design (such as parallel, factorial) including allocation ratio	8, 9
	3b	Important changes to methods after trial commencement (such as eligibility criteria), with reasons	none
Participants	4a	Eligibility criteria for participants	8
	4b	Settings and locations where the data were collected	8
Interventions	5	The interventions for each group with sufficient details to allow replication, including how and when they were actually administered	9, 10
Outcomes	6a	Completely defined pre-specified primary and secondary outcome measures, including how and when they were assessed	9
	6b	Any changes to trial outcomes after the trial commenced, with reasons	none
Sample size	7a	How sample size was determined	8
	7b	When applicable, explanation of any interim analyses and stopping guidelines	not applicable
Randomisation:			
Sequence generation	8a	Method used to generate the random allocation sequence	10
	8b	Type of randomisation; details of any restriction (such as blocking and block size)	10
Allocation concealment mechanism	9	Mechanism used to implement the random allocation sequence (such as sequentially numbered containers), describing any steps taken to conceal the sequence until interventions were assigned	10
Implementation	10	Who generated the random allocation sequence, who enrolled participants, and who assigned participants to interventions	10

Blinding	11a	If done, who was blinded after assignment to interventions (for example, participants, care providers, those assessing outcomes) and how	10
	11b	If relevant, description of the similarity of interventions	10
Statistical methods	12a	Statistical methods used to compare groups for primary and secondary outcomes	12, 13
	12b	Methods for additional analyses, such as subgroup analyses and adjusted analyses	12, 13
Results			
Participant flow (a diagram is strongly recommended)	13a	For each group, the numbers of participants who were randomly assigned, received intended treatment, and were analysed for the primary outcome	14, 15
	13b	For each group, losses and exclusions after randomisation, together with reasons	14, 15
Recruitment	14a	Dates defining the periods of recruitment and follow-up	8
	14b	Why the trial ended or was stopped	not applicable
Baseline data	15	A table showing baseline demographic and clinical characteristics for each group	15
Numbers analysed	16	For each group, number of participants (denominator) included in each analysis and whether the analysis was by original assigned groups	14
Outcomes and estimation	17a	For each primary and secondary outcome, results for each group, and the estimated effect size and its precision (such as 95% confidence interval)	17, 18, 19
	17b	For binary outcomes, presentation of both absolute and relative effect sizes is recommended	not applicable
Ancillary analyses	18	Results of any other analyses performed, including subgroup analyses and adjusted analyses, distinguishing pre-specified from exploratory	19, 20
Harms	19	All important harms or unintended effects in each group (for specific guidance see CONSORT for harms)	not applicable
Discussion			
Limitations	20	Trial limitations, addressing sources of potential bias, imprecision, and, if relevant, multiplicity of analyses	22
Generalisability	21	Generalisability (external validity, applicability) of the trial findings	21, 24, 25
Interpretation	22	Interpretation consistent with results, balancing benefits and harms, and considering other relevant evidence	22, 23, 24
Other information			
Registration	23	Registration number and name of trial registry	4
Protocol	24	Where the full trial protocol can be accessed, if available	8, 29
Funding	25	Sources of funding and other support (such as supply of drugs), role of funders	25

[1]From CONSORT Group. For more information, visit: www.consort-statement.org.

Supplementary Figure S1. Schedule of assessments



Supplementary Table S2. Sensory evaluation of wheat germ-enriched bread versus control bread[1]

	Wheat germ-enriched bread	Control bread
Flavour[2]	4.70 ± 1.53	4.76 ± 1.50
Texture[2]	4.12 ± 1.83	4.58 ± 1.71
Global impression[3]	5.73 ± 2.08	6.12 ± 2.27

[1] All values are mean differences ± SD, n = 33. There were no significant differences between groups based on the Wilcoxon signed ranks test.

[2] 1 - Very much disliked, 2 - much disliked, 3 - disliked, 4 - neither liked nor disliked, 5 - liked, 6 - liked a lot, 7 - very much liked.

[3] 1 - dislike extremely, 2 - dislike very much, 3 - dislike moderately, 4 - dislike slightly, 5 - neither like nor dislike, 6 - like slightly, 7 - like moderately, 8 - like very much and 9 liked extremely.