

Annex 2 : INFORMATION FOR THE PARTICIPANT

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Project title: „Empowering consumers to PREVENT diet-related diseases through OMICS sciences”

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The study is aimed at people undergoing dietary intervention. The study aims to improve the health of obese people by developing personalized eating plans. In order to assess and characterize the patient's health status before and after dietary intervention, the project will measure various metabolic biomarkers: oxidative stress; inflammation; carbohydrate metabolism; lipid metabolism, protein metabolism and the status of the gut microflora. The aim of the study is to prove that the new recommendations based on the personalized diet increase weight and waist circumference reduction and induce favorable changes in the metabolomic profile compared to general dietary recommendations in clinically healthy overweight and obese people.

The study will consist of collecting blood from you before dietary intervention (2 test tubes of 9 ml for a clot, 1 tube of 5 ml for EDTA plasma), and saliva (2 ml). You will be asked to provide morning urine and a stool sample.

After 4 months of dietary intervention, your blood will be collected (2 tubes of 9 ml for the clot, 1 tube of 5 ml for EDTA plasma) and your morning urine. You will be asked to provide a stool sample.

The test will allow you to detect factors that are potentially involved in the development of obesity. The test performed before the dietary intervention and 4 months after the intervention serves a detailed assessment of the health effects of the diet.

Both joining the study and withdrawing from participation during the study did not affect the further course of treatment in accordance with the applicable standards.

Dietary intervention does not lead to undesirable effects and complications. The only side effects of the test may result from venous blood collection. As with any routine venous blood sampling, you may experience side effects such as subcutaneous haematomas, prolonged bleeding, feeling weak or faint. In order to minimize the risk of complications, the blood will be collected by experienced nurses, if necessary lying down.

First name and last name
CAPITAL LETTERS

pesel

Date

The participant's own
signature