

Monash University Human Research Ethics Committee
Approval Certificate

This is to certify that the project below was considered by the Monash University Human Research Ethics Committee. The Committee was satisfied that the proposal meets the requirements of the *National Statement on Ethical Conduct in Human Research* and has granted approval.

Project ID: 28804
Project Title: The impact of dietary FODMAP content on markers of exercise-induced gastrointestinal syndrome
Chief Investigator: Assoc Professor Ricardo Da Costa
Approval Date: 07/07/2021
Expiry Date: 07/07/2026

Terms of approval - failure to comply with the terms below is in breach of your approval and the *Australian Code for the Responsible Conduct of Research*.

1. The Chief Investigator is responsible for ensuring that permission letters are obtained, if relevant, before any data collection can occur at the specified organisation.
2. Approval is only valid whilst you hold a position at Monash University.
3. It is responsibility of the Chief Investigator to ensure that all investigators are aware of the terms of approval and to ensure the project is conducted as approved by MUHREC.
4. You should notify MUHREC immediately of any serious or unexpected adverse effects on participants or unforeseen events affecting the ethical acceptability of the project.
5. The Explanatory Statement must be on Monash letterhead and the Monash University complaints clause must include your project number.
6. Amendments to approved projects including changes to personnel must not commence without written approval from MUHREC.
7. Annual Report - continued approval of this project is dependent on the submission of an Annual Report.
8. Final Report - should be provided at the conclusion of the project. MUHREC should be notified if the project is discontinued before the expected completion date.
9. Monitoring - project may be subject to an audit or any other form of monitoring by MUHREC at any time.
10. Retention and storage of data - The Chief Investigator is responsible for the storage and retention of the original data pertaining to the project for a minimum period of five years.

Kind Regards,

Professor Nip Thomson

Chair, MUHREC

CC: A/Prof Gary Slater, Mrs Rachel Scrivin

List of approved documents:

Document Type	File Name	Date	Version
Supporting Documentation	Advertisement High carbs and FODMAPs	17/05/2021	1
Explanatory Statement	RPIS High Carb FODMAPs intervention study	17/05/2021	1
Consent Form	Consent Form High Carb FODMAPs study	17/05/2021	1
Questionnaires / Surveys	mVAS GIS tool	17/05/2021	1
Supporting Documentation	PPt for High Carb FODMAPs study	17/05/2021	1
Supporting Documentation	Return to lab exercise testing Dec2020_CR_final	17/05/2021	1
Supporting Documentation	3.02 Treadmill H P Cosmos_SWP_Mar2020 (1)	17/05/2021	1
Supporting Documentation	SOPs	17/05/2021	1
Questionnaires / Surveys	Experimental Trial high carbohydrate varied FODMAP	11/06/2021	1
Explanatory Statement	RPIS High Carb FODMAPs intervention study track changes	11/06/2021	2
Consent Form	Consent Form High Carb FODMAPs study track changes	11/06/2021	2
Explanatory Statement	RPIS High Carb FODMAPs intervention study track changes 2	25/06/2021	3
Explanatory Statement	RPIS High Carb FODMAPs intervention study track changes 3	06/07/2021	4

