

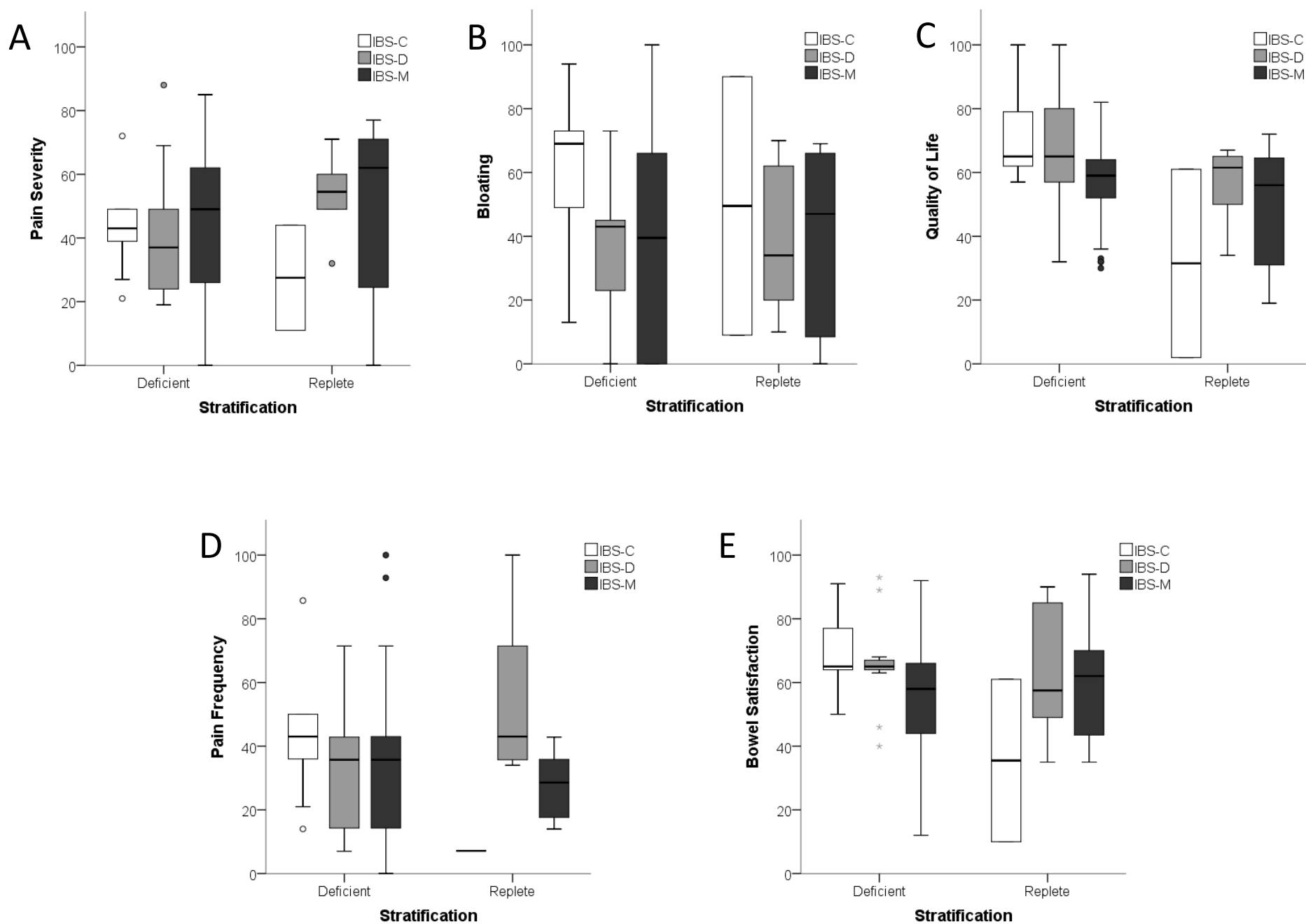
**Supplementary information for:**

**Vitamin D associates with improved quality of life in subjects with irritable bowel syndrome: outcomes from a pilot trial (ICTRN: 6116003917)**

Simon Tazzyman<sup>1</sup>, Nicholas Richards<sup>1</sup>, Andrew R. Trueman<sup>1</sup>, Amy L. Evans<sup>1</sup>, Vicky A. Grant<sup>1</sup>, Iveta Garaiova<sup>2</sup>, Sue F. Plummer<sup>2</sup>, Elizabeth A. Williams<sup>3</sup> & Bernard M. Corfe<sup>1\*</sup>

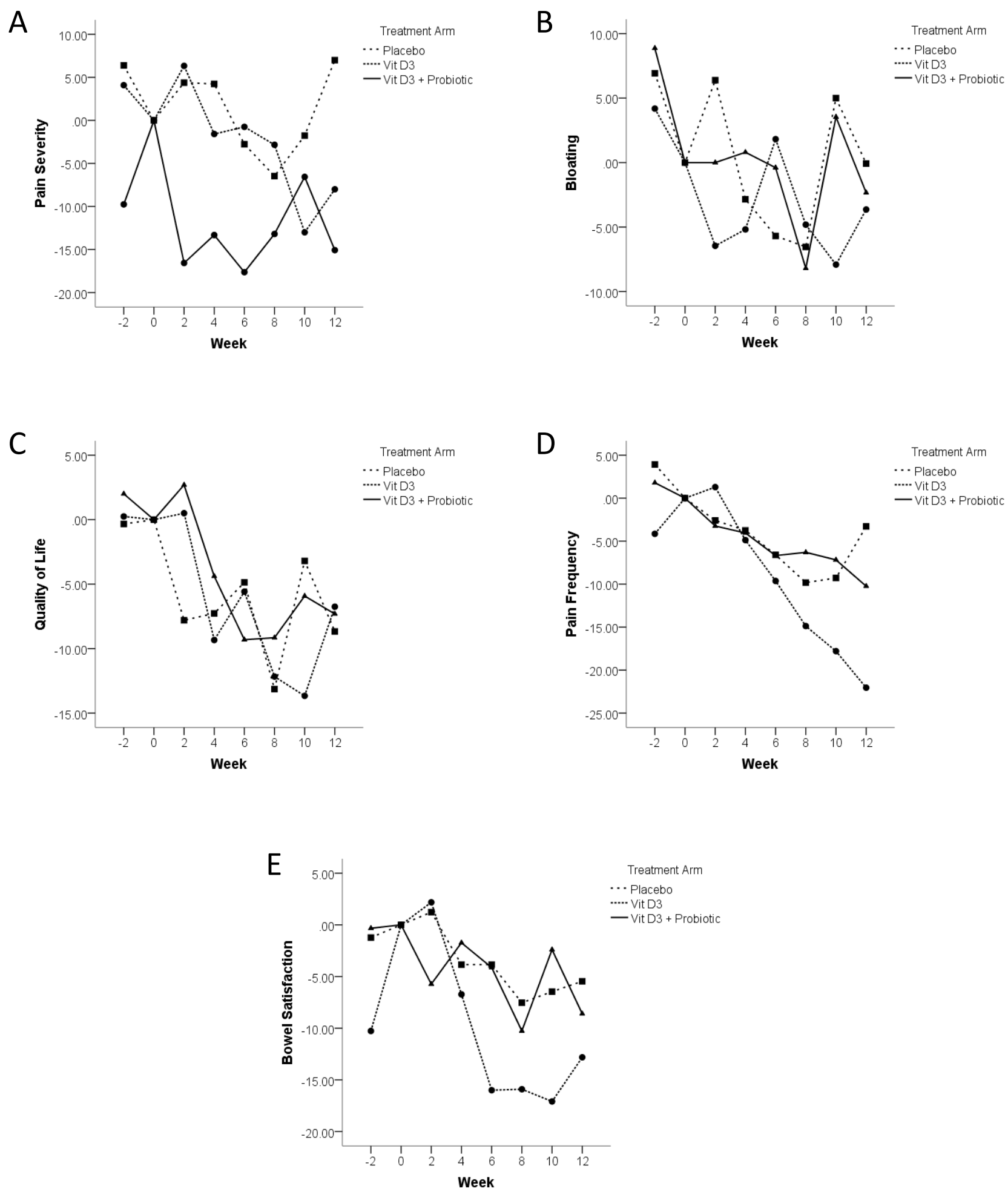
\* Author for correspondence: Dr Bernard Corfe, Molecular Gastroenterology Research Group, Academic Unit of Surgical Oncology, Department of Oncology, University of Sheffield, Beech Hill Road, Sheffield, S10 2RX.  
+44(0)1442713457, b.m.corfe@shef.ac.uk

# Sup figure 1 Base line Symptom scores



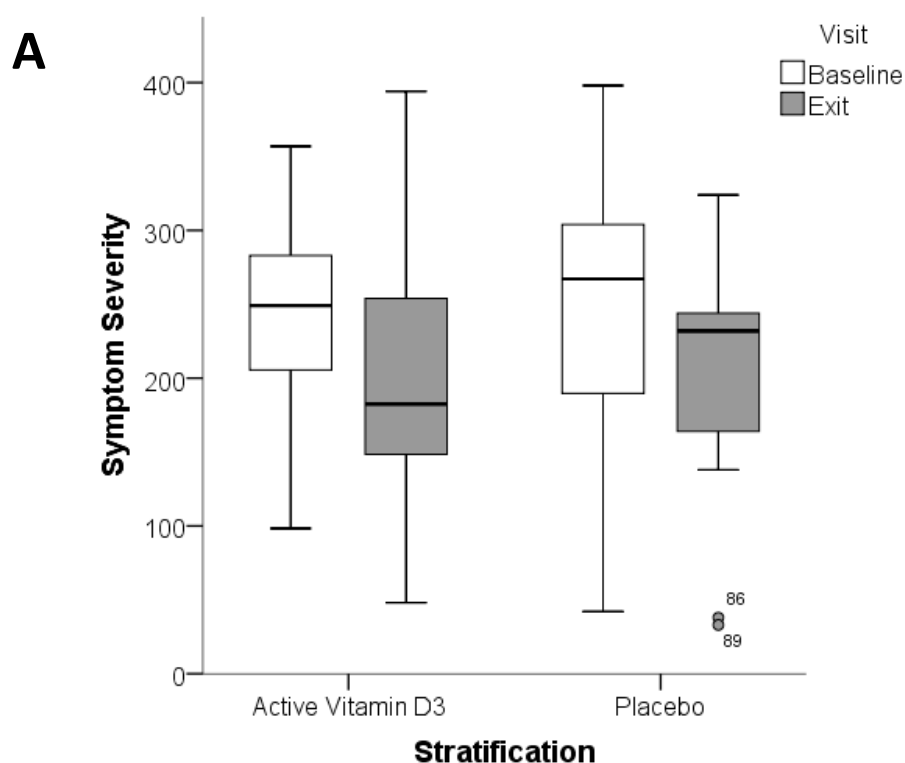
**Supplementary Figure 1.** Base line characteristics of participants for individual symptom scores. A) pain severity, B) Distention, C) affected life, D) Pain frequency and E) bowel satisfaction in IBS-C, D and M participants stratified by vitamin D status at baseline.

## Sup figure 2 Change in symptoms after intervention

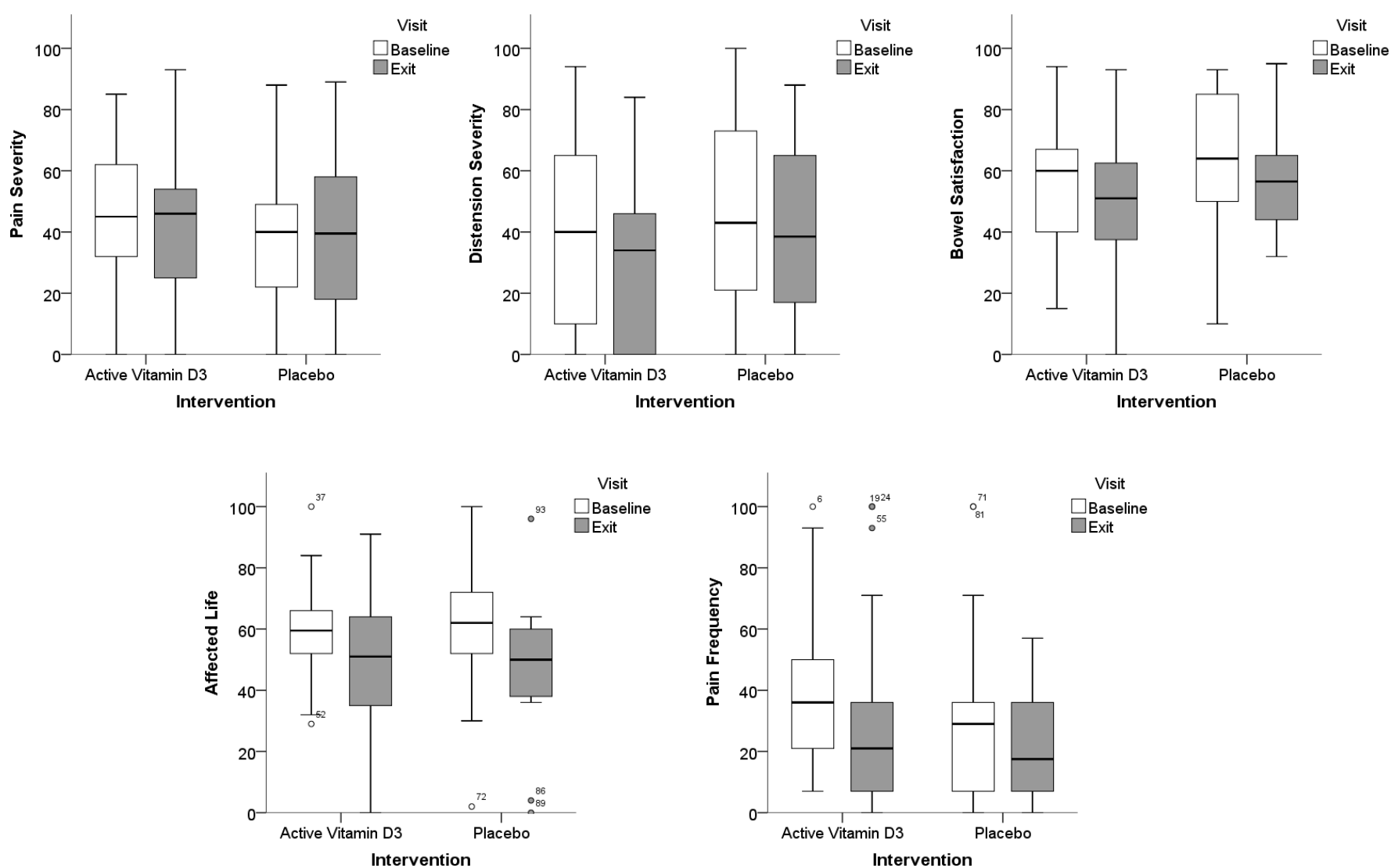


**Supplementary Figure 2.** Effect of vitamin D supplementation on symptom severity. Participants receiving vitamin D alone or in combination with probiotic were grouped (active vitamin D) and compared to those receiving placebo. Mean scores at baseline and exit were plotted for A) Symptom severity B) individual symptom scores.

Supplementary figure 3: Effect of vitamin D on IBS symptoms (no significant difference between combined supplementation vs placebo at either baseline or exit)

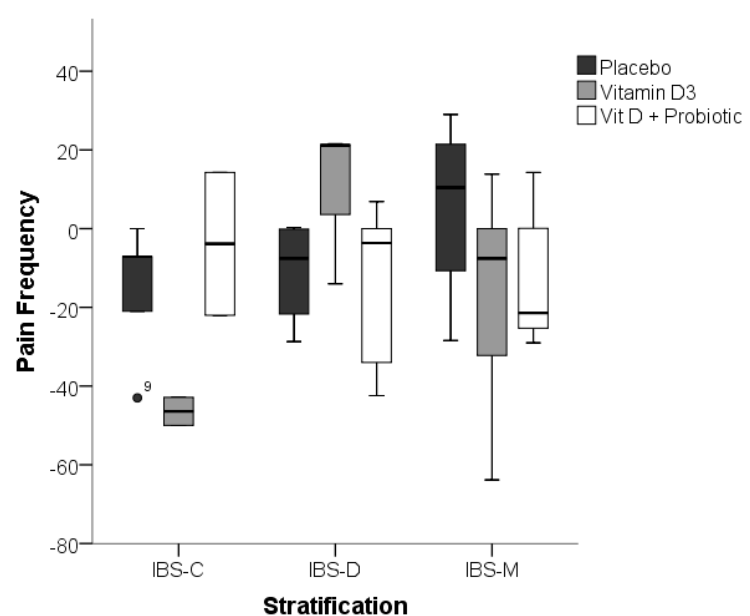
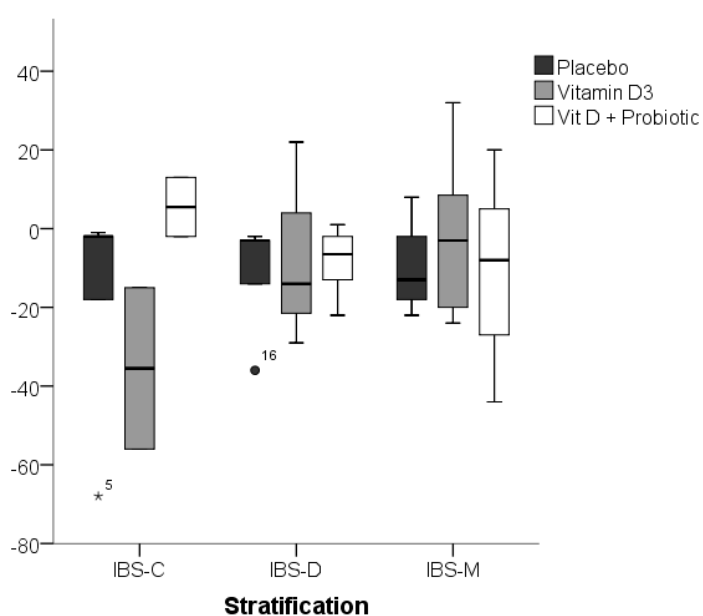
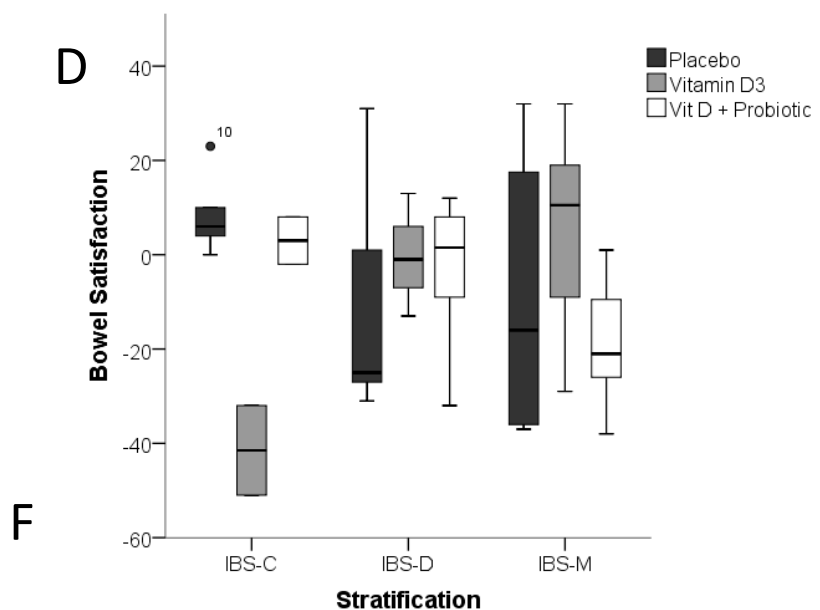
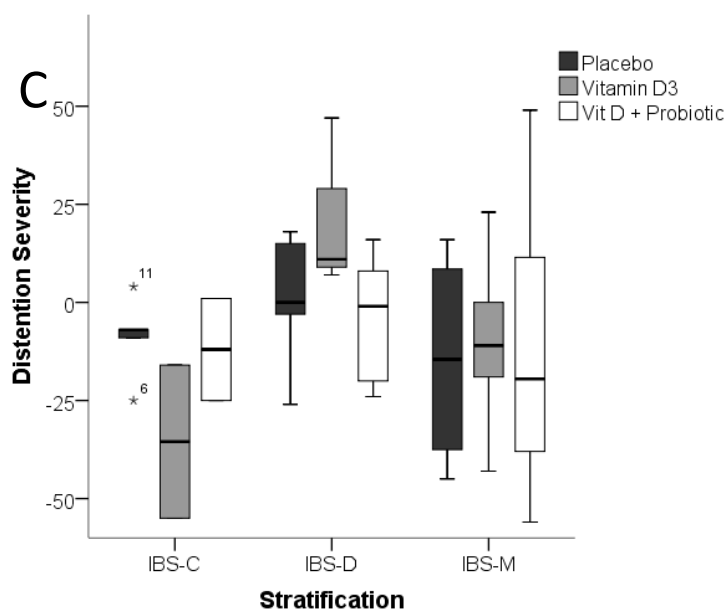
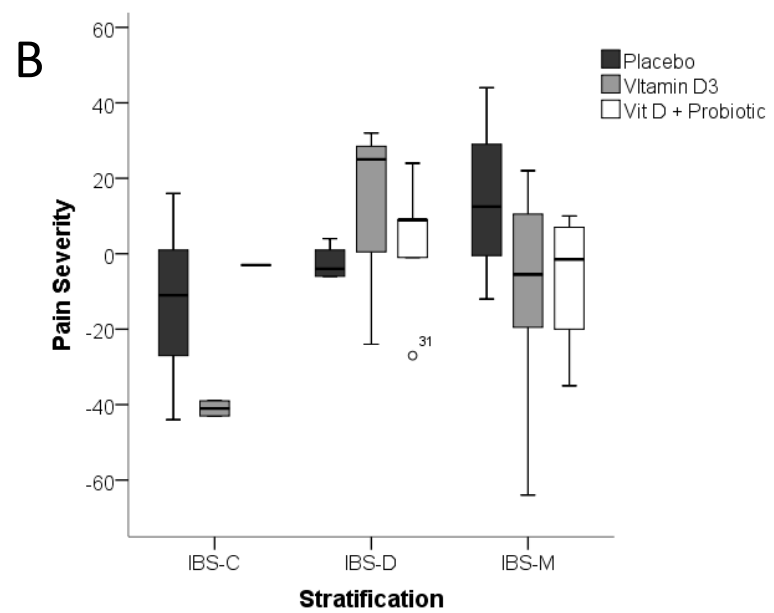
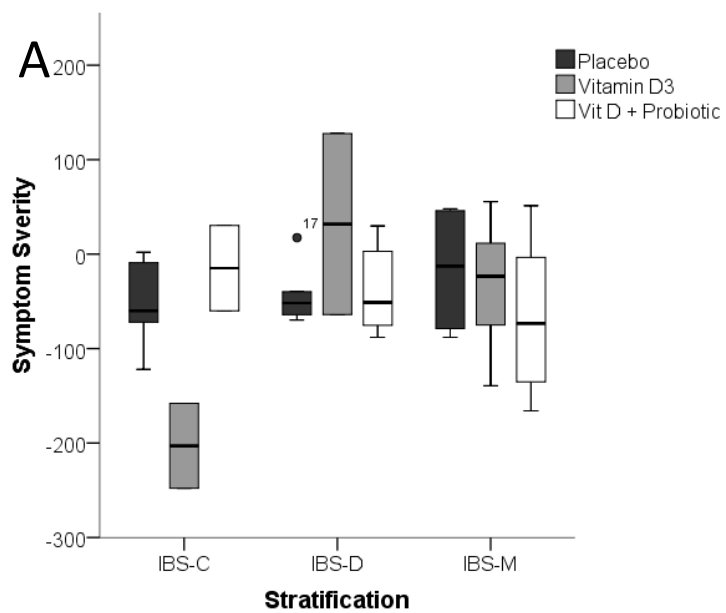


**B**



Supplementary Figure 3. Distribution of participants by vitamin D status. A) Distribution of participants by treatment Arm at baseline. B) Distribution of participants by treatment arm at exit.

# Supplementary figure 4: Change in Symptom (exit) by subgroup



Supplementary figure 4. A subset of IBS sufferers show favourable response to intervention B. A) There is a significant response in symptom severity in participants with IBS with constipation. B-F) Reduced scores were also detected for individual symptom scores. B) Pain severity, C) Distension, D) bowel satisfaction, E) Affected life and F) Pain frequency with a significant reduction detected in bowel satisfaction.