

Project WHEATBIOME

Impact of a wheat-based fermented beverage on microbiota and metabolic health in healthy individuals

Date of document: 19/11/2025

INFORMED CONSENT DECLARATION

(Helsinki 1964; Tokyo 1975; Venice 1983; Hong Kong 1989; Somerset West 1996; Edinburgh 2000; Seoul 2008; Fortaleza 2013; Helsinki 2024)

I, (full name of the participant)

Declare that I understand the study: "Project WHEATBIOME – Impact of a wheat-based fermented beverage on microbiota and metabolic health in healthy individuals". I understand that, in accordance with the recommendations of the Declaration of Helsinki, the information or explanation provided to me addressed the objectives, methods, anticipated benefits, potential risks, and possible discomfort. I was also given the opportunity to ask any questions I deemed necessary, and I received satisfactory answers to all of them.

Therefore, I declare that:

- I allow the use of the data I provide voluntarily, solely for this research, with anonymity and confidentiality guaranteed.
- I understand that my participation in the study is voluntary.
- I have been informed that my participation in this study does not entitle me to any type of remuneration.
- I have been informed that the research group will provide compensation of 60 euros, in the form of a voucher, as a thank you for the time and inconveniences related to the study and to cover travel, parking, or other expenses related to my participation in the study.
- I understand the potential risks and benefits involved in my participation in this study.
- I have been informed that I will have up to 1 week to decide whether or not I want to participate in this study.
- I am aware of who I should contact if I experience any side effects resulting from this study.
- I am aware of who I should contact if I have any questions about this study.
- I understand that I can withdraw at any time without providing any justification, and that the future care I will receive from healthcare professionals will not be compromised in any way.

I declare that I have read and understood this document, as well as the verbal information that has been given to me. I have received the information provided by the researchers of this study. I have been guaranteed the possibility of refusing to participate in this study at any time without any consequences. Therefore, I agree to participate in this study and allow the use of the data I

voluntarily provide, trusting that it will only be used for this research and in the guarantees of confidentiality and anonymity given to me by the researcher.

Date: ____ / ____ / ____

Participant's Signature

I declare that I have provided all the detailed information relating to the study described below and that I have clearly and objectively clarified all the doubts raised by the participant.

Date: ____ / ____ / ____

Study Researcher's Signature