Research project title: PLANETDIET: Sustainable diets and cardiometabolic health: a multi-omics approach in a Randomized Controlled Trial (RCT)

NCT number: NCT07189676

Date: 09/04/2025

Informed Consent Form to Participate in a Health Sciences Research Project

Research project title: PLANETDIET: Sustainable diets and cardiometabolic health: a multi-omics approach in a Randomized Controlled Trial (RCT)

Forskningsprojektets danske titel: PLANETDIET: Bæredygtige kostvaner og kardiometabolisk sundhed: en multi-omics tilgang i et randomiseret kontrolleret forsøg (RCT).

Declaration from the participant:

I have received both written and oral information regarding the purpose, method, benefits, and disadvantages of participating in the research project. I have a sufficient understanding of the study to agree to participation it.

I understand that my participation is voluntary and that I can always withdraw consent at any time without risk for effecting current or future rights to medical treatment.

I hereby give consent to participate in the research project and to the collection of my biological material for storage in a research biobank.

I confirm that I have been given a copy of the consent form, as well as a copy of the written information about the project for personal use.

Participant name: _____

Date: _____ Signature: _____

You will be informed if new significant health information about you becomes available in the research project. If you prefer to be excluded from these notifications, please indicate as such by checking here: _____ (write x)

Do you wish to be informed about the results of the research project and any potential implications for you at the conclusion of the study? Yes _____ (write x) No _____ (write x)

Declaration from the person releasing information:

I declare that the participant has received oral and written information about the trial.

I believe that the participant has been given sufficient information, so that the participant can make an informed decision concerning whether or not to participate in the research study.

Date: _____ Signature: _____