



Human Nutrition

Te Tari Kai Tōtika Takata

The SOOTHE study

Mānuka honey for digestive health

We are looking for people with functional dyspepsia (indigestion) to participate in a 10-week research study investigating the digestive health effects of consuming mānuka honey.

Symptoms of functional dyspepsia include:

- Pain or burning in the stomach, bloating, excessive belching or nausea after meals.
- An early feeling of fullness when eating.
- Pain in the stomach that may sometimes occur unrelated to meals or be relieved with meals.

For the first two weeks of the study, we will collect some information about your functional dyspepsia symptoms. You will then be provided with mānuka honey or a honey-like product to eat before breakfast and dinner every day for six weeks. Two weeks after completing the study, we will follow-up with you to ask about your functional dyspepsia symptoms.

The time commitment for this study will be approximately 10 hours. You will attend five study visits in total.

You will receive a \$20 supermarket voucher after the first study visit, and a \$50 supermarket voucher after each of the next four study visits (\$220 total), in recognition of the actual or reasonable costs associated with participating in this study (e.g. parking and/or travel costs).

If you experience symptoms of functional dyspepsia, are aged 18 to 70 years old, do not have diabetes or cardiovascular disease, can eat mānuka honey and are not pregnant or lactating, we would love to hear from you – see our details below:

Department of Human Nutrition

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To complete a screening survey
go to: bit.ly/SOOTHEstudy