Supplementary Digital Content 3. Summary of the qualitative comments from the post-race survey on gastrointestinal comfort and response to supplement.

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|   | Subject | Preferred term | Severity | Relation to the product |
| 10 | NZL001-0026 | Abdominal discomfort | Mild | Probable |
| 11 | NZL001-0029 | Abdominal discomfort | Mild | Probable |
| 27 | NZL001-0060 | Abdominal discomfort | Mild | Probable |
| 30 | NZL001-0064 | Abdominal discomfort | Mild | Probable |
| 17 | NZL001-0038 | Abdominal distension | Moderate | Probable |
| 34 | NZL001-0074 | Abdominal distension | Mild | Probable |
| 2 | NZL001-0003 | Abdominal pain upper | Severe | Probable |
| 7 | NZL001-0022 | Abdominal pain upper | Mild | Probable |
| 14 | NZL001-0033 | Abdominal pain upper | Mild | Probable |
| 9 | NZL001-0025 | Asthma | Moderate | Unrelated |
| 28 | NZL001-0062 | Eructation | Mild | Probable |
| 8 | NZL001-0024 | Flank pain | Mild | Probable |
| 31 | NZL001-0066 | Gastrointestinal disorder | Severe | Probable |
| 6 | NZL001-0018 | Gastrooesophageal reflux disease | Mild | Probable |
| 13 | NZL001-0032 | Gastrooesophageal reflux disease | Mild | Probable |
| 16 | NZL001-0037 | Gastrooesophageal reflux disease | Moderate | Probable |
| 19 | NZL001-0040 | Gastrooesophageal reflux disease | Mild | Probable |
| 26 | NZL001-0057 | Gastrooesophageal reflux disease | Mild | Probable |
| 21 | NZL001-0043 | Limb injury | Severe | Unrelated |
| 24 | NZL001-0048 | Muscle spasms | Mild | Unrelated |
| 32 | NZL001-0067 | Muscle spasms | Moderate | Unrelated |
| 1 | NZL001-0002 | Nausea | Mild | Related |
| 3 | NZL001-0005 | Nausea | Moderate | Probable |
| 5 | NZL001-0014 | Nausea | Moderate | Probable |
| 18 | NZL001-0039 | Nausea | Mild | Probable |
| 22 | NZL001-0046 | Nausea | Moderate | Probable |
| 29 | NZL001-0063 | Nausea | Mild | Probable |
| 33 | NZL001-0068 | Nausea | Moderate | Probable |
| 4 | NZL001-0011 | Oropharyngeal pain | Moderate | Probable |
| 12 | NZL001-0030 | Vomiting | Severe | Probable |
| 15 | NZL001-0035 | Vomiting | Moderate | Probable |
| 20 | NZL001-0041 | Vomiting | Severe | Probable |
| 23 | NZL001-0047 | Vomiting | Moderate | Probable |
| 25 | NZL001-0052 | Vomiting | Severe | Probable |