

Royal Brompton & Harefield 
NHS Foundation Trust

Imperial College
London

SUPPLEMENTARY APPENDIX 1: DIETARY ADVISE FOR ON-EPIC

Dear [NAME],

Thank you for agreeing to take part in:

ON-EPIC Oral nitrate supplementation to enhance pulmonary rehabilitation in chronic obstructive pulmonary disease

You have been asked to consume **TWO bottles** of Beet It[®] Sport Shot (140 ml) **THREE hours** prior to attending pulmonary rehabilitation. Prior to attending for trial visits and pulmonary rehabilitation we kindly ask you adhere to the following advice:

- Please avoid nitrate-rich foods 48 hours prior to attending study visits and pulmonary rehabilitation. These include:
 - Green leafy vegetables – spinach, kale, lettuce and cabbage
 - Broccoli
 - Potato
 - Beetroot
 - Garlic
 - Dark chocolate
 - Nuts and seeds
- Avoid cooked breakfasts
- Please match your caffeine intake
- Please avoid the use of alcohol-based mouth washes
- Please avoid the chewing of chewing gum

For the study visits the researcher will advise you to avoid strenuous exercise 24 hours prior to the visit.

Yours sincerely

Dr Matt Pavitt

Clinical Research Fellow

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ON-EPIC Participant Advice Sheet V2 29/08/2014