

### Supplementary Information

**Table S1** Actual faecal sample weights (g) produced by the volunteers at baseline and post intervention following HWB and WB.

vol	HWB Faecal weight (g)		WB Faecal weight (g)	
	Baseline	Post Intervention	Baseline	Post Intervention
vol 1	30.10	26.43	68.00	16.00
vol 2	144.60	64.30	94.50	79.60
vol 3	172.60	225.90	104.00	14.00
vol 4	144.80	111.80	52.20	93.00
vol 5	3.40	39.90	3.70	205.00
vol 6	50.80	87.40	43.60	48.00
vol 7	56.20	14.78	20.00	17.40
vol 8	106.50	203.10	33.80	85.00