Table 1. M-SHIME nutritional feed components.
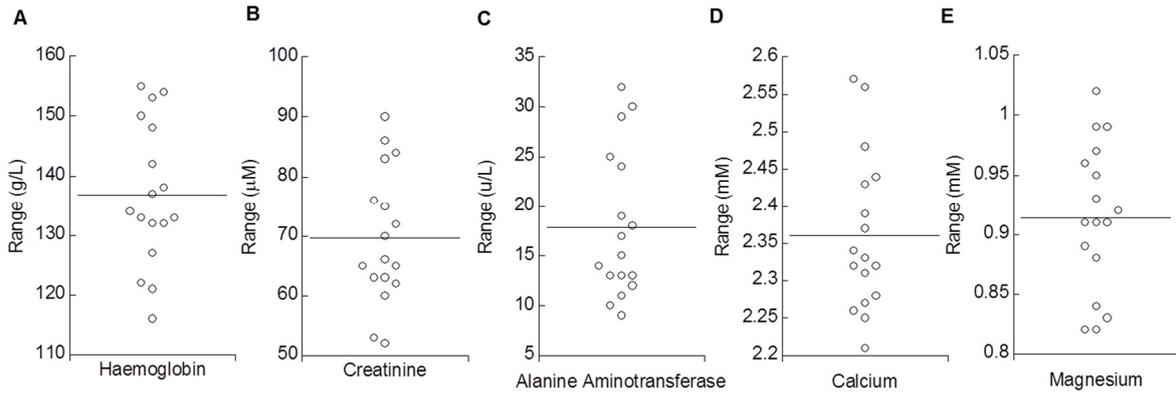
| Component	Amount (g/L)
Arabinogalactan	1.2
Pectin	2.0
Xylan	0.5
Glucose	0.4
Yeast Extract	3.0
Special Pepton	1.0
Mucin	2
L-cystein-HCl	0.5
Starch	4.0

Figure 1. Short Inflammatory Bowel Disease (IBD) Questionnaire Questions with answer score values.
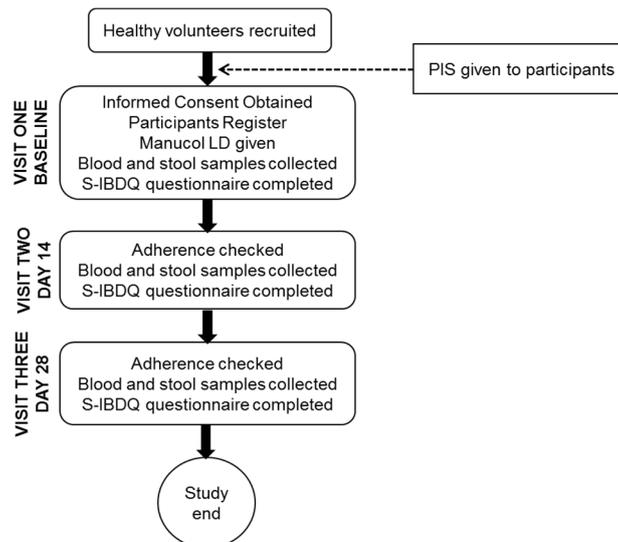
Figure 2. Flow-diagram of healthy volunteer involvement within the study. Patient information sheet (PIS).

Figure 3. Visit one (baseline) haematological measurements for (A) haemoglobin, (B) creatinine, (C) alanine aminotransferase, (D) calcium and (E) magnesium. Each point represents a healthy participant, and the mid-line denotes the mean.
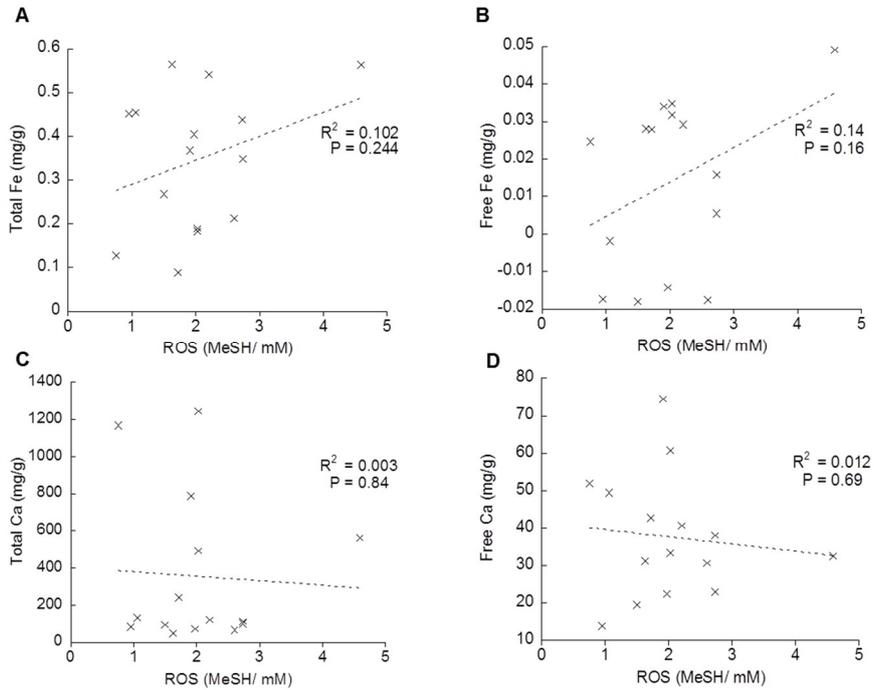
Figure 4. Correlation plots of both free and total stool iron and calcium concentrations vs. stool ROS concentrations. (A) Total Fe vs. ROS, (B) free Fe vs. ROS, (C) total Ca vs. ROS and (D) free Ca vs. ROS. Dashed-lines represent lines of best fit with associated R^2 value and P value representing statistical significance of the observed correlation.
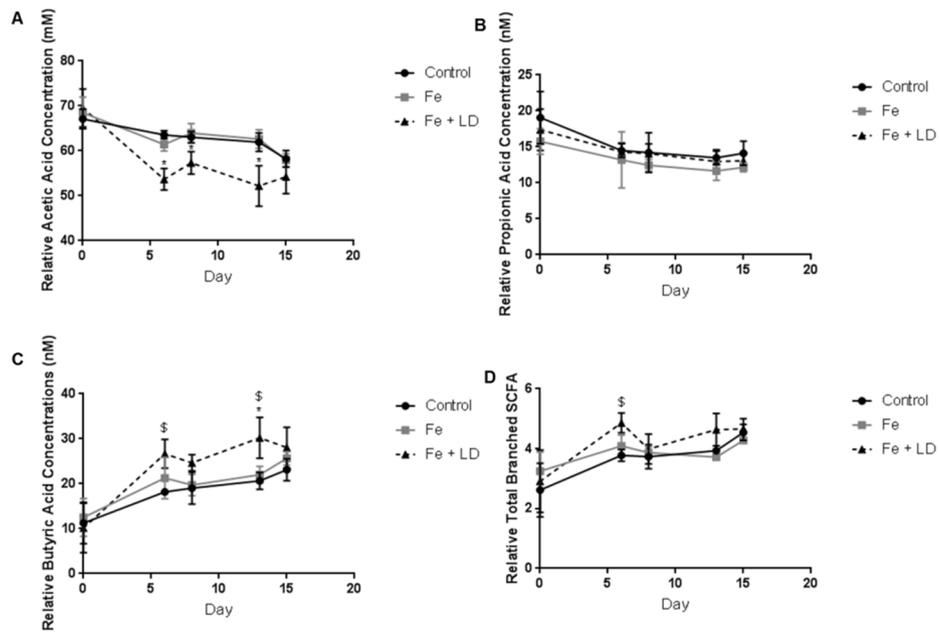
Figure 5. Relative short chain fatty acid (SCFA) changes with respect to total SCFA concentrations. Acetic acid (A), propionic acid (B), butyric acid (C) and total branched SCFAs were measured over the time course of the experiment. Each point represents the mean values with error bars denoting standard deviations in the error. Statistical significance (using 1way ANOVA tests, where $p < 0.05$) is represented with an * for Fe + LD vs. Fe alone and $ for Fe + LD vs. Control with $n = 3$ for each mean value.