

# 5-weeks on 100% Huel

## Appendix

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\*There was no Post-Trial Questionnaire completed for participant 10



**Study Requirements.** Participation in this study requires you to follow a 100%- Huel diet. Details of such can be found below:

- **100% Huel** – Only a diet comprising Huel Powder must be consumed for *at least* 5 weeks prior to the trial. No other snacks/food are permitted.
- **Energy intake** – Daily calorie requirements vary from person to person and are determined by your weight, height, gender, age and activity levels. The researcher will help you estimate your individual calorie requirements by using the calorie calculator on the How To Use Huel page on the Huel website (<https://uk.huel.com/pages/how-to-use>). Once you have your calorie requirements, manipulate your Huel serving sizes to reflect daily calorie intake.
- **Huel products** – Only Huel Powder – as well as Huel Flavour Boosts, if desired – must be consumed as part of this study. Huel Granola or Huel Bars cannot be consumed during this study.
- **Fluid intake** – Only plain water, herbal tea (excluding citrus teas), black tea or coffee must be drunk. No additions must be made to fluid, i.e. no additional sugar, sweeteners, milk or honey are permitted during the length of the study.
- **Alcohol intake** – No alcohol must be consumed during the study.
- **Exercise/Activity** – Participants are able to continue with normal exercise and activity during the study.

## HEALTH & ACTIVITY QUESTIONNAIRE

**Study Title:** Project 100

**Study Number:** 1801

### SECTION A – HEALTH

1. For female participants – Are you or could you be pregnant?
2. Have you been told by a doctor that you have or have had any of the following? (please highlight any that apply)
  - Diabetes
  - High blood pressure
  - Heart disease
  - Liver disease
  - Lung disease
  - Cancer
  - Kidney disease
  - Digestive disorders (please specify)
  - Others (please specify)
3. Do you smoke? If YES, how many in a typical day?
4. Do you drink alcohol? If YES, how many units/week? See [NHS Drinks and Units \(www.nhs.uk/live-well/alcohol-support/calculating-alcohol-units\)](http://www.nhs.uk/live-well/alcohol-support/calculating-alcohol-units) to calculate your units.
5. Are you currently using any medication? If YES, please specify which and for what reasons:
6. Do you exclude any foods for cultural, ethnic or other personal reasons? If YES, which foods?:
7. Do you have any diagnosed food allergies or intolerances? If YES please give details:
8. To the best of your knowledge, do you have any intolerances to the following (please tick any that apply):
  - Sunflower oil
  - Rice
  - Peas
  - Oats
  - Coconuts
  - Flaxseeds
9. Do you have any bowel or gastrointestinal issues? If YES, please elaborate below.

## **SECTION B – HUEL CONSUMPTION**

1. How long have you been consuming Huel as part of your diet?
2. What amount (grams/scoops) and frequency do you have Huel per day/week?
3. Which Huel products do you commonly have?
3. What are your favourite Huel Powder and Flavour Boost flavours?

## **SECTION C – DIET, PHYSICAL ACTIVITY & WELL-BEING**

### ***DIET***

1. Do you follow a vegetarian/vegan diet?
2. Do you aim to consume a particular number of calories/day? If so, how many approx.?
3. Do you routinely eat breakfast, lunch or dinner? If you regularly skip one or more meal, please elaborate below.
4. Do you commonly snack throughout the day? Please give details of frequency and snacks of choice below.
5. Do you commonly eat more than five portions (80g = 1 portion) of fruit/vegetables per day?
6. Do you regularly choose wholegrain/wholemeal variants of food versus white?
7. How many portions of either meat, fish, eggs, beans, pulses or nuts do you eat per day (1 portion = approximately 1 palm size)?
8. How many times per week do you include oily fish in your diet? Examples of oily fish include salmon, mackerel, herring, sardines, trout and fresh tuna.
9. Approximately, how many times per month do you have fast food/take-out food?
10. Do you consider yourself to follow a “healthy diet”? If so, are there any barriers that make it hard for you to follow a “healthy diet”?
11. Do you prepare food for the following day?

### ***PHYSICAL ACTIVITY***

1. Do you partake in regular exercise?  
If YES, please complete the following questions:
  - a. What type of exercise do you do?
  - b. How frequently do you exercise for during each session?
  - c. How many times per week do you partake in regular exercise?
2. Do you have any health or fitness goals? If so, please elaborate below.

3. In the past year, have you tried to unsuccessfully reach this goal before? If YES, please give further details.

***WELL-BEING***

1. How would you describe your energy levels throughout the day?
2. Do you consider yourself regularly “stressed”?
3. On average, how many hours of “quality” sleep do you get per night?

Participants 5 – 13 blood results

			P5			P6			P7	P8	P9	P10	P11	P12	P13	
	Units	Optimal Range Male	Pre	Post	Difference	Pre	Post	Difference	Post	Post	Post	Post	Post	Post	Post	
Sample date			23.10.18	25.11.18		26.11.18	09.12.18		19.11.18	26.11.18	21.11.18	12.11.18	28.10.18	16.12.18	09.12.18	
Gender			Male			Male			Male	Male	Male	Male	Male	Male	Male	Male
Age at time of testing			38			31			32	53	23	46	37	24	51	
Huel usage			Occasional for 2 months			Occasional for 3 months			Occasional for 18 months	2 years' use	3 years' use (~500g/day)	3 months' use (~300g Huel/day)	2 years' use (~125g Huel/day)	3 months' use (~250g/day)	3 years' use	
<b>HAEMATOLOGY</b>																
<b>RED BLOOD CELLS</b>																
Haemoglobin	g/l	130 - 170	151	148	-3.00	144	146	+2.00	154	157	150	176	155	179	155	
HCT	l/l	0.38 - 0.50	0.447	0.447	+0.00	0.42	0.434	+0.01	0.448	0.47	0.441	0.509	0.46	0.521	0.443	
Red blood cell count (RCC)	x10 <sup>12</sup> /L	4.40 - 5.80	4.96	4.98	+0.02	4.62	4.66	+0.04	4.86	5.18	4.69	6.03	5.17	5.49	4.77	
Mean corpuscular volume (MCV)	fl	81 - 98	90	90	+0.00	91	93	+2.00	92	91	94	84	89	95	93	
Mean corpuscular haemoglobin (MCH)	pg	27 - 33	30.4	29.8	-0.60	31.2	31.4	+0.20	31.7	30.4	32.1	29.2	30	32.6	32.5	
Mean corpuscular haemoglobin concentration (MCHC)	g/l	300 - 350	338	333	-5.00	343	338	-5.00	345	335	341	346	338	343	350	
Red blood cell distribution width (RDW)	%	11.50 - 14.40	11.4	12	+0.60	11.1	13.1	+2.00	11.2	11.9	10.2	11.7	11.9	12.8	11.5	
<b>WHITE BLOOD CELLS</b>																
White cell count (WCC)	x10 <sup>9</sup> /L	3 - 10	6	4.2	-1.80	4.6	5	+0.40	5	6.5	5.7	6.9	4.2	5.9	3.7	
Neutrophils	x10 <sup>9</sup> /L	2.0 - 7.5	3.14	1.41	-1.73	2.06	2.34	+0.28	2.76	3.99	2.98	3.62	1.68	2.95	1.87	
Lymphocytes	x10 <sup>9</sup> /L	1.20 - 3.65	2.2	2.22	+0.02	2.07	2.16	+0.09	1.57	2.11	2.2	2.62	2.06	2.57	1.55	
Monocytes	x10 <sup>9</sup> /L	0.2 - 1.0	0.41	0.45	+0.04	0.32	0.32	+0.00	0.44	0.33	0.41	0.44	0.39	0.31	0.09	
Eosinophils	x10 <sup>9</sup> /L	0.0 - 4.0	0.18	0.09	-0.09	0.15	0.16	+0.01	0.26	0.09	0.11	0.14	0.05	0.04	0.13	

Basophils	x10 <sup>9</sup> /L	0.0 - 0.1	0.06	0.02	-0.04	0.03	0.02	-0.01	0.02	0.03	0.03	0.09	0.02	0.04	0.02
<b>CLOTTING STATUS</b>															
Platelet count	x10 <sup>9</sup> /L	150 - 400	225	166	-59.00	252	283	+31.00	202	221	253	199	clumps	clumped	168
Mean platelet volume (MPV)	fl	7 - 13	10.6	11.8	+1.20	9.6	10	+0.40	9.1	12	9.7	10	clumps	clumped	11.5
<b>BIOCHEMISTRY</b>															
<b>KIDNEY FUNCTION</b>															
Urea	mmo/l	2.76 - 8.07	4.4	4.1	-0.30	7	8.8	+1.80	7.1	5.5	6.9	5.1	5.6	9	5.5
Creatinine	umol/l	62 - 106	79	89	+10.00	88	80	-8.00	80	77	118	76	89	73	84
Estimated glomerular filtration rate (GFR)	mmo/l	60 - 250	101.21	88.2	-13.01	88.44	98.72	+10.28	103.29	97.44	70.53	101.81	88.68	121.71	88.82
<b>LIVER FUNCTION</b>															
Alkaline phosphatase	iu/l	0 - 129	74	67	-7.00	69	76	+7.00	87	57	62	63	55	86	73
Alanine aminotransferase (ALT)	iu/l	0 - 50	32.7	29.8	-2.90	49	48	-1.00	17.2	25.1	19.2	25.3	21.4	37.5	24.1
Creatine Kinase (CK)	iu/l	39 - 308	169	80	-89.00	173	346	+173.00	134	166	399	88	86	422	168
Gamma-glutamyl transferase (GGT)	iu/l	10 - 71	48	16	-32.00	16	17	+1.00	25	19	14	35	11	15	14
Bilirubin	iu/l	0 - 24	3.6	9.4	+5.80	6.1	8	+1.90	12.2	10.5	13.9	9.8	17.7	7.7	10.4
<b>PROTEINS</b>															
Total proteins	g/l	66 - 87	75.6	75.7	+0.10	66.8	70.4	+3.60	72.7	75.1	74.2	84.7	77.8	71.2	72.4
Albumin	g/l	35 - 52	43.8	46.6	+2.80	40.8	43	+2.20	46.3	47.8	47.9	47.5	51	47.4	49.7
Globulin	g/l	19 - 35	31.8	29.1	-2.70	26	27.4	+1.40	26.4	27.3	26.3	37.2	26.8	23.8	22.7
<b>GOUT</b>															
Uric acid	umol/l	202 - 416	383	424	+41.00	296	367	+71.00	534	389	406	361	378	368	316
<b>DIABETES</b>															
Haemoglobin A1c (HbA1c)	mmol/mol	20 - 42	36.98	36.58	-0.40	37.45	36.08	-1.37	28.61	29.23	29.83	35.77	27.26	27.84	29.03
<b>IRON STATUS</b>															

Iron	umol/l	5.8 - 34.5	13.71	16.99	+3.28	23.97	34.63	+10.66	17.28	16.56	36.13	18.09	24.32	19.03	16.89
Total iron binding capacity (TIBC)	umol/l	45 - 72	69.81	70.29	+0.48	64.07	66.23	+2.16	52.88	59.06	57.43	65.19	55.52	68.13	56.59
Transferrin saturation	%	20 - 50	19.67	24.17	+4.50	37.41	52.29	+14.88	32.68	28.04	62.91	27.75	43.8	27.93	29.85
Ferritin	ug/l	30 - 400	70.1	56	-14.10	73.6	67.5	-6.10	104	188	202	205	158	60.6	139
<b>CHOLESTEROL STATUS</b>															
Triglycerides	mmol/l	0.0 - 2.3	3.25	1.19	-2.06	1.39	1.96	+0.57	0.8	0.86	0.81	2.09	0.86	1.02	0.56
Total Cholesterol (TC)	mmol/l	0.00 - 4.99	5.85	3.99	-1.86	5.12	4.64	-0.48	2.56	3.63	3.08	7.54	3.87	2.31	3.13
High-density lipoprotein (HDL)	mmol/l	1.0 - 1.5	1.29	0.76	-0.53	1.13	1.05	-0.08	0.95	1.46	1.18	1.05	1	0.79	1.21
Low-density lipoprotein (LDL)	mmol/l	0 - 3	3.08	2.69	-0.39	3.36	2.7	-0.66	1.25	1.78	1.53	5.54	2.48	1.06	1.67
HDL:LDL			2.39	3.54	+1.15	2.97	2.57	-0.40	1.32	1.22	1.30	5.28	2.48	1.34	1.38
Non-HDL cholesterol	mmol/l	0 - 4	4.56	3.23	-1.33	3.99	3.59	-0.40	1.61	2.17	1.9	6.49	2.87	1.52	1.92
Very low-density lipoprotein (VLDL)	mmol/l	0.1 - 1.7	1.48	0.54	-0.94	0.63	0.89	+0.26	0.36	0.39	0.37	0.95	0.39	0.46	0.25
<b>HEART DISEASE RISK</b>															
HDL % of total	%	20 - 100	22.05	19.05	-3.00	22.07	22.63	+0.56	37.11	40.22	38.31	13.93	25.84	34.2	38.66
<b>INFLAMMATORY MARKER</b>															
High-sensitivity c-reactive protein (hs-CRP)	mg/l	0 - 5	4.95	0.6	-4.35	0.45	0.36	-0.09	4.83	0.71	0.27	6.03	0.55	1	0.27
<b>ENDOCRINOLOGY</b>															
<b>THYROID FUNCTION</b>															
Thyroid-stimulating hormone	mIU/L	0.27 - 4.20	3.06	2.46	-0.60	1.78	2.22	+0.44	1.36	1.63	2.52	3.51	1.8	1.41	1.74
Free thyroxine	pmol/L	12 - 22	13.3	19.2	+5.90	17.2	16.3	-0.90	21	19	19.6	17.5	21.6	22.7	19.6
Free triiodothyronine (T3)	pmol/L	3.1 - 6.8	5.37	5.43	+0.06	5.6	5.76	+0.16	5.77	4.92	5.28	5.44	4.88	6.44	5.7
<b>VITAMINS</b>															
Active B12	pmol/l	37.5 - 188.0	45.7	82.4	+36.70	81.8	80.9	-0.90	68.1	89.4	122	90.6	74.6	>300	57.7



Folate (serum)	ug/l	3.89 - 26.80	2.49	4.53	+2.04	4.71	4.02	-0.69	9.81	9.81	7.79	5.98	3.24	19.8	3.86
Vitamin C	umol/l	34 - 114	40	53.1	+13.10	No result available	No result available	-	No result available	33.3	32.1	No result available	40	6.6	14.5
25 OH vitamin D	umol/l	50 - 200	33.5	48.7	+15.20	76.8	79.2	+2.40	51.4	70.4	51.1	51.1	64.7	110	35.8
<b>MINERALS</b>															
Iodine - serum	ug/l	40 - 80	44	57	+13.00	No result available	56	-	63	61	54	No result available	62	68	72

## POST-TRIAL QUESTIONNAIRE

Participant number: 1

1. **Overall, how did you find the trial?** – Boring, lack of variety
2. **On a scale from 1 - 10 (1 being easy, 10 being incredibly difficult) how did you find using Huel for 100% of your diet?** – 3
3. **What were the main positives of using Huel 100% for you?** – Easy & accessible
4. **What were the main negatives of using Huel 100% for you?** – Boring, wanted to chew.
5. **Did you experience any negative symptoms or difficulties during the study?** – N/A
6. **If so, when did they clear?** – N/A
7. **Did they reoccur? If so, how often?** – N/A
8. **Did you have any caffeine during the study, if so how much as a daily average?** – Coffee black – was mixing caffeine tabs. No more than 2/day
9. **Generally over the last 5 weeks, how would you describe your stress levels throughout the day?** – No different to pre-Huel. But have been having 1 or 2 Huel servings per day for months.
10. **Generally over the last 5 weeks, how would you describe your energy levels throughout the day?** – Same as before. Didn't notice different, been on Huel a lot before so no change.
11. **On average, how many hours of quality sleep did you get during the trial?** – Same as pre-trial
12. **If you outlined a goal at the beginning of the study, do you feel following a 100% Huel diet for 5 weeks helps support this?** – Didn't give a goal
13. **Will you continue using Huel after the trial? If so, how often and for which meals?** – Yes – brekkie & lunch

## POST-TRIAL QUESTIONNAIRE

Participant number: 2

1. **Overall, how did you find the trial?** – Constantly hungry, but was on a calorie loss. Was happy to start training again in the 5<sup>th</sup> week. No comforts. Psychology of it was difficult. Have previously done intermittent fasting – thought would be easier – no respite.
2. **On a scale from 1 - 10 (1 being easy, 10 being incredibly difficult) how did you find using Huel for 100% of your diet?** – 7-8
3. **What were the main positives of using Huel 100% for you?** – Liked the weight loss. Felt like has trained mind to be disciplined, make better choices. Fluid intake drastically went up & thought it was good but disturbed sleep to pee.
4. **What were the main negatives of using Huel 100% for you?** – Hungry
5. **Did you experience any negative symptoms or difficulties during the study?** – No negative symptoms reported
6. **If so, when did they clear?** – N/A
7. **Did they reoccur? If so, how often?** – N/A
8. **Did you have any caffeine during the study, if so how much as a daily average?** – De-caff
9. **Generally over the last 5 weeks, how would you describe your stress levels throughout the day?** – No different
10. **Generally over the last 5 weeks, how would you describe your energy levels throughout the day?** – Increased a little in the 5<sup>th</sup> week, otherwise not noticeable. Would notice it at work, a lot more dynamic
11. **On average, how many hours of quality sleep did you get during the trial?** – Difficult but because of wife snoring!
12. **If you outlined a goal at the beginning of the study, do you feel following a 100% Huel diet for 5 weeks helps support this?** – Lose weight.
13. **Will you continue using Huel after the trial? If so, how often and for which meals?** – Will have 1 or 2 Huels – brekkie & lunch

## POST-TRIAL QUESTIONNAIRE

Participant number: 3

1. **Overall, how did you find the trial?** –
2. **On a scale from 1 - 10 (1 being easy, 10 being incredibly difficult) how did you find using Huel for 100% of your diet?** – Actual food easy but bored, 4
3. **What were the main positives of using Huel 100% for you?** – Re-set attitude towards food – broke bad habits
4. **What were the main negatives of using Huel 100% for you?** – Social – bored
5. **Did you experience any negative symptoms or difficulties during the study?** – Went from no Huel ever to 100% didn't suffer at all
6. **If so, when did they clear?** –
7. **Did they reoccur? If so, how often?** –
8. **Did you have any caffeine during the study, if so how much as a daily average?** – Black tea – ½ per day
9. **Generally over the last 5 weeks, how would you describe your stress levels throughout the day?** – Got a bit cranky from time to time with no food. Wasn't really stressed at the first – due to being bored.
10. **Generally over the last 5 weeks, how would you describe your energy levels throughout the day?** – Some days 800 kcal as weren't hungry so didn't have the Huel
11. **On average, how many hours of quality sleep did you get during the trial?** – Sleeping more. Stopped snoring so much because of weight loss.
12. **If you outlined a goal at the beginning of the study, do you feel following a 100% Huel diet for 5 weeks helps support this?** – Happy with progress – weighed start to end
13. **Will you continue using Huel after the trial? If so, how often and for which meals?** – Will continue. Brekkie & lunch. Really good money saver.

## POST-TRIAL QUESTIONNAIRE

Participant number: 4

1. **Overall, how did you find the trial?** – Easy to follow, enjoyed the challenge
2. **On a scale from 1 - 10 (1 being easy, 10 being incredibly difficult) how did you find using Huel for 100% of your diet?** – 3/4
3. **What were the main positives of using Huel 100% for you?** – Noticed increased energy levels. Waist size decreased – felt from belt
4. **What were the main negatives of using Huel 100% for you?** – Symptoms – salt taste, 4/5 – but found diluting with water helped +1 scoop pre-bed
5. **Did you experience any negative symptoms or difficulties during the study?** – as above
6. **If so, when did they clear?** –
7. **Did they reoccur? If so, how often?** –
8. **Did you have any caffeine during the study, if so how much as a daily average?** – 1 coffee/day minimum, no more than 3
9. **Generally over the last 5 weeks, how would you describe your stress levels throughout the day?** – Ok
10. **Generally over the last 5 weeks, how would you describe your energy levels throughout the day?** – Noticed in eve was ok – still energetic
11. **On average, how many hours of quality sleep did you get during the trial?** – 10:30 – 6pm
12. **If you outlined a goal at the beginning of the study, do you feel following a 100% Huel diet for 5 weeks helps support this?** – Yes
13. **Will you continue using Huel after the trial? If so, how often and for which meals?** – every breakfast & lunch mon – fri & on weekend just breakfast

## POST-TRIAL QUESTIONNAIRE

Participant number: 5

- 1. Overall, how did you find the trial?** – I found it to be easier than expected, Was really satisfied with my weight loss and surprised about my continued ability to work full days without any noticeable loss of energy.
- 2. On a scale from 1 - 10 (1 being easy, 10 being incredibly difficult) how did you find using Huel for 100% of your diet?** – 4  
I'd say that the first week and the last were the toughest. In the first week my belly was making plenty of noise and there were quite a few trips to the toilet over the first 72 hours. Abstaining from my favourite vice, Diet Coke was a bit tough at first...After a week though, It didn't seem to matter anymore...which was rather shocking. Social aspects were tough. I went to the local pubs firework display on bonfire night and stayed very briefly as I was surrounded by people drinking and eating fast food. I stayed away from doing a lot of things I would usually do like going round friends for Poker night and going out for a meal for my mums birthday. The actual routine of keeping my appetite under control was really straight forward though. Last week has been a bit more tough because I just knew the end was in sight. Although here I am, post blood drinking a Huel for breakfast by choice!
- 3. What were the main positives of using Huel 100% for you?** – It felt good to know that what I was consuming was healthy and packed with the nutrients my body needs. The other positive was my weight loss. I started at 11stone 12lbs and am now 10stone 9lbs.
- 4. What were the main negatives of using Huel 100% for you?** – I missed going out for meals with my girlfriend or sharing some cheese and a glass of wine in front of a film. Watching F1 on TV with a glass of water instead of beer. Simple things.
- 5. Did you experience any negative symptoms or difficulties during the study?** – I suffered occasional headaches in the first week. I used to consume a lot of diet coke daily (about a litre a day). I had gone cold turkey by choice on coffee.
- 6. If so, when did they clear?** – After the 1<sup>st</sup> Week. Possibly 5-6 days in.
- 7. Did they reoccur? If so, how often?** – Only had 2-3 occurrences' in the first week.
- 8. Did you have any caffeine during the study, if so how much as a daily average?** – I had one cup of black coffee on Monday 12<sup>th</sup>. That's it!
- 9. Generally over the last 5 weeks, how would you describe your stress levels throughout the day?** – Surprisingly low. I would almost go as far as saying considering the amount of pressure on in my job at the moment I typically would have been more stressed on my usual diet! I have no memories of being particularly stressed.

10. **Generally over the last 5 weeks, how would you describe your energy levels throughout the day?** – Absolutely fine. Splitting my meals up four times a day, I just made sure that when I was hungry, or when I was going to be around the smell of others cooking food I would ensure I'd had a Huel to fill me up.
11. **On average, how many hours of quality sleep did you get during the trial?** – 6-7 hours sleep
12. **If you outlined a goal at the beginning of the study, do you feel following a 100% Huel diet for 5 weeks helps support this?** – I believe I reached my weight loss goal...so YES! My primary goal with Huel is to be healthier generally, and as far as my energy, skin, temperament etc. I felt great.
13. **Will you continue using Huel after the trial? If so, how often and for which meals?** – Absolutely. I intend to replace 1-2 meals a day moving forwards, like I have been doing since August. Typically breakfast and lunch.

## POST-TRIAL QUESTIONNAIRE

Participant number: 6

1. **Overall, how did you find the trial?** – Initially it was difficult to adjust due to side effects such as gas and bloating, but once that majority of the side effects passed it wasn't too bad until the 4th and 5th week where the end was in sight and I was thinking about eating again. Overall, I'd say moderately challenging.
2. **On a scale from 1 - 10 (1 being easy, 10 being incredibly difficult) how did you find using Huel for 100% of your diet?** – 3. No problem at all really especially considering the convenience as each morning I had a Huel before heading to work, a Huel mid-morning, one Huel before training, one after training and then one in the evening.
3. **What were the main positives of using Huel 100% for you?** – Convenience, simplicity, guaranteed to get good macronutrient quantities for training, coffee flavour taste was good.
4. **What were the main negatives of using Huel 100% for you?** – The sweeter flavours got really sickly after a while, gas and bloating were bad at the start, calmed down but still occurred randomly and frequently.
5. **Did you experience any negative symptoms or difficulties during the study?** – Bloating and gas that was more severe and common in the beginning and frequent yet random towards the final weeks.
6. **If so, when did they clear?** – They didn't.
7. **Did they reoccur? If so, how often?** – Every few days or so.
8. **Did you have any caffeine during the study, if so how much as a daily average?** – 3 servings of caffeine Huel and occasionally a flat black from Costa (every other day or so).
9. **Generally over the last 5 weeks, how would you describe your stress levels throughout the day?** –
10. **Generally over the last 5 weeks, how would you describe your energy levels throughout the day?** – 7+ but usually an 8-9
11. **On average, how many hours of quality sleep did you get during the trial?** – 7-8, occasionally 5-6 when I had a client early in the morning.
12. **If you outlined a goal at the beginning of the study, do you feel following a 100% Huel diet for 5 weeks helps support this?** – I lost 2kg
13. **Will you continue using Huel after the trial? If so, how often and for which meals?** – I'll use it for every meal except dinner and lunch.



## POST-TRIAL QUESTIONNAIRE

Participant number: 7

1. **Overall, how did you find the trial?** – Generally ok, was ill during the trial with a cold. Found that I got used to getting sole nutrition from Huel fairly quickly after starting the trial.
2. **On a scale from 1 - 10 (1 being easy, 10 being incredibly difficult) how did you find using Huel for 100% of your diet?** – 3
3. **What were the main positives of using Huel 100% for you?** – I'm a stay at home looking after 2 children so convenience was the biggest positive. It helped to save time & focus on my daughter, particularly in the mornings. Also felt that I had a higher water intake which I usually struggles with. Felt better for it. Never felt hungry throughout the trial.
4. **What were the main negatives of using Huel 100% for you?** – Found the social aspect the hardest, mainly when out with friends & also nights in with the wife. Also found the repetitiveness boring. I started blending Huel for a different texture.
5. **Did you experience any negative symptoms or difficulties during the study?** – Only for the first week of being on 100% Huel. Regular flatulence. Found that in the third week that he was having less Huel than suggested in the initial daily calorie requirements. He found out because he weighed rather than by eye. He then increased his intake for the last 2 weeks.
6. **If so, when did they clear?** – After the first week.
7. **Did they reoccur? If so, how often?** – Didn't reoccur.
8. **Did you have any caffeine during the study, if so how much as a daily average?** – Black tea, 4x/day
9. **Generally over the last 5 weeks, how would you describe your stress levels throughout the day?** – No different to the start of trial. Fairly low stress anyway.
10. **Generally over the last 5 weeks, how would you describe your energy levels throughout the day?** – Better than pre-trial and didn't suffer from the usual afternoon slump.
11. **On average, how many hours of quality sleep did you get during the trial?** – Usually about 6 hours/night, but I was up a lot with the baby anyway.
12. **If you outlined a goal at the beginning of the study, do you feel following a 100% Huel diet for 5 weeks helps support this?** – Yes, due to knowing the calories per serve.

13. **Will you continue using Huel after the trial? If so, how often and for which meals?** –  
Will continue having Huel for breakfast. Thinking about new job so will take for lunch

## POST-TRIAL QUESTIONNAIRE

Participant number: 8

1. **Overall, how did you find the trial?** – Initially five weeks seemed like a very long time. I have been a long-term consumer of Huel, having started drinking it in March 2016 and using it nearly every day for breakfast and lunch. However, in 2.5 years I have only had about 3 100% Huel days, and even then consumed tea with soya milk and had rice, hemp or oat milk in my Huel (50% with water). First 2 days I was really missing a cup of tea, I don't like black tea. A friend of mine suggested Rooibos, and it was something I'd tried before and hated, but after a week of no milk in tea I really liked it, so most days I'd have one or two cups of black barley cup, 1 or 2 cups of black filter coffee, and 2 cups of green or other herb tea, or even lapsang which I previously hated. Also, about a litre to 2 litres of water. I had a few cravings for salty food. I am a bit of a crisp addict, but after a couple of weeks this got better. Initially my lips felt really salty which was weird. Huel without plant milk was actually fine, and now moving forwards I will omit it from my Huel.

I found it impossible to eat more than 400g of Huel a day (4 meals) even when I was very energetic, normally before the trial I would eat 200g (2 meals) and a healthy vegan meal in evening. As a result, I have lost weight. I wanted to shift a few kilos anyway, so I am happy with that.

2. **On a scale from 1 - 10 (1 being easy, 10 being incredibly difficult) how did you find using Huel for 100% of your diet?** – 2
3. **What were the main positives of using Huel 100% for you?** – As I said, I've been a long-term user, but 100% has made me feel more awake in the morning – a couple of days I woke up extremely shattered, but it soon wore off, and on the whole, I felt quite alert. Was also going to bed later as not feeling tired in the later evening/night
4. **What were the main negatives of using Huel 100% for you?** – Not being able to have a conventional meal when I wanted to. I had to adjust my trial start date so that I could finish in time for my wife's birthday but was still a 5-week trial. I had a few social occasions where I may normally have had a couple of alcoholic drinks but had to not have them, but I feel with hindsight it was more positive than negative, although didn't feel it at the time. I think the biggest thing (mentally) was knowing that I couldn't have a snack or something without breaking the trial. In a real-life scenario, I could have a snack one day without worrying about it (even if it was just a Huel bar).
5. **Did you experience any negative symptoms or difficulties during the study?** – Nothing at all. No digestive issues, no colds, no headaches. The only weird things were that I could really smell garlic on people. I eat a lot of garlic and don't normally mind it, but I found it a little unpleasant at times.
6. **If so, when did they clear?** – N/A
7. **Did they reoccur? If so, how often?** – N/A

8. **Did you have any caffeine during the study, if so how much as a daily average?** – 1 (occasionally 2) cups of strong filter coffee a day.
9. **Generally over the last 5 weeks, how would you describe your stress levels throughout the day?** – Life has been a bit stressful of late, but nothing to do with Huel.
10. **Generally over the last 5 weeks, how would you describe your energy levels throughout the day?** – Very good, better than normal, apart from being a bit tired on a couple of mornings I have felt very energetic.
11. **On average, how many hours of quality sleep did you get during the trial?** – 6 to 7 per night
12. **If you outlined a goal at the beginning of the study, do you feel following a 100% Huel diet for 5 weeks helps support this?** – I wanted to lose a bit of weight and Huel definitely helped. Again, although I have been drinking Huel for 30 months I have not used it to lose weight.
13. **Will you continue using Huel after the trial? If so, how often and for which meals?** – Yes, definitely, I will continue to use it daily. I may re-evaluate it if my bloods are horrendous, but my intention is to use it for breakfast and lunch but will definitely have more 100% Huel days.

## POST-TRIAL QUESTIONNAIRE

Participant number: 9

1. **Overall, how did you find the trial?** – Trial was okay, much more challenging than expected. Eating 100% Huel was fine, made me feel good and was fairly tasty and convenient. Some digestive issues were present from Week 2, in which I experienced painful ‘blowouts’ every few days. This was tolerable and I put up with it for the majority of the trial.
2. **On a scale from 1 - 10 (1 being easy, 10 being incredibly difficult) how did you find using Huel for 100% of your diet?** – 8, without digestive issues I’d have said an easy 10.
3. **What were the main positives of using Huel 100% for you?** – Convenience, getting back my extra minutes of the day, taste, easy quality calories, gym progress, calorie management.
4. **What were the main negatives of using Huel 100% for you?** – Missed meat way too much, missed pre-workout, missed family meals, missed meals with girlfriend. Not fun.
5. **Did you experience any negative symptoms or difficulties during the study?** - Yes, digestive issues as above.
6. **If so, when did they clear?** – Once I went back to maybe 75% Huel.
7. **Did they reoccur? If so, how often?** – Only when eating 100% Huel.
8. **Did you have any caffeine during the study, if so how much as a daily average?** – 200mg per day, before workouts.
9. **Generally over the last 5 weeks, how would you describe your stress levels throughout the day?** – Reasonably high
10. **Generally over the last 5 weeks, how would you describe your energy levels throughout the day?** – Consistent and high. Not overly high like a pre-workout, but naturally and sustainably high.
11. **On average, how many hours of quality sleep did you get during the trial?** – 8 hours
12. **If you outlined a goal at the beginning of the study, do you feel following a 100% Huel diet for 5 weeks helps support this?** – No goals outlined, just to carry on progressing in the gym and maintain my weight.
13. **Will you continue using Huel after the trial? If so, how often and for which meals?** – 100%, 1000 calorie Huel breakfast and 1000 calorie lunch. Normally 800 calorie food dinner – Chicken, potato etc.

## POST-TRIAL QUESTIONNAIRE

Participant number: 11

1. **Overall, how did you find the trial?** – Hard in the first week as I was craving food, a bit better in the 2<sup>nd</sup> week, and then loving it from the third week, mostly because I was seeing good weight loss.
2. **On a scale from 1 - 10 (1 being easy, 10 being incredibly difficult) how did you find using Huel for 100% of your diet?** – 3. It was easy because it was so quick to make in the morning, but I did get a bit of craving for food in the first week. Also, I planned this at a time when I knew I could do 100%, had it been a few weeks later then it would have been impossible as I was going on a stag do and to china, and there was no way I wasn't going to drink on the stag do and sample all the amazing food in China.
3. **What were the main positives of using Huel 100% for you?** – Quick and easy to make, hardly any washing up, no bits stuck in my teeth after a meal, and the weight loss.
4. **What were the main negatives of using Huel 100% for you?** – Not being able to eat an evening meal with my family, and not eating with my friends at work.
5. **Did you experience any negative symptoms or difficulties during the study?** – I did get a build-up of white "Stuff??" in my mouth. It wasn't painful, but annoying when I swallowed. Not sure if it was linked, but when I started eating food again, the white stuff cleared up. I did also go to the toilet for number 1 a hell of a lot more than usual, and a number 2 a lot less.
6. **If so, when did they clear?** – When I started to eat food again.
7. **Did they reoccur? If so, how often?** – No.
8. **Did you have any caffeine during the study, if so how much as a daily average?** – Zero, and somehow I survived. But I don't drink coffee anyway, so it didn't bother me. I do normally have a can of Fat Coke, but I didn't miss it.
9. **Generally over the last 5 weeks, how would you describe your stress levels throughout the day?** – Fine, no issue, and no more than usual in my job.
10. **Generally over the last 5 weeks, how would you describe your energy levels throughout the day?** – I would say lower than usual, but I think that is because I stopped eating a lot of sugary food and drinking Fat Coke.
11. **On average, how many hours of quality sleep did you get during the trial?** – Probably my normal amount, 6 hours. Not enough.

12. **If you outlined a goal at the beginning of the study, do you feel following a 100% Huel diet for 5 weeks helps support this?** – I had a weight loss goal, and I nearly achieved it. Huel definitely helped.
  
13. **Will you continue using Huel after the trial? If so, how often and for which meals?** – Yes, 70% of the time at least.

## POST-TRIAL QUESTIONNAIRE

Participant number: 12

1. **Overall, how did you find the trial?** – It went very well. The first Week was a bother trying to get the calculated calories right, we were way off haha! Then there was the explosive “moments” too, they passed though... aside from that i’ve actually enjoyed it!
2. **On a scale from 1 - 10 (1 being easy, 10 being incredibly difficult) how did you find using Huel for 100% of your diet?** – 2 - Not being able to have things like chewing gum, or a diet coke bothered me. Aside from that I could practically live like this. The lack of variety didn't bother me as much as I thought I would, In fact I still looked forward to each Huel, and still do.
3. **What were the main positives of using Huel 100% for you?** – Much less food preparation, more time, less washing up, and way less shopping! I felt like I could switch off from overthinking about food for the 5 weeks and focus on other things for once. Having more time has meant being able to do other important things such as being able to travel and see people more.

Traveling with 100% Huel is awesome, It meant I could pull silly stunts like driving 300-400 miles in my Classic MX-5 for a crazy 20 hour day without fear of messing up my nutrition. Also this meant that when I saw people, I wasn't reliant on them for food, and being less awkward trying to nail my macros for the day etc...

4. **What were the main negatives of using Huel 100% for you?** – Not being able to participate in meals with others. For example starting a new relationship and not being able to go out for a meal wasn't ideal, Didn't stop me for the most part though. Another one was my boss wanted to take us all out for lunch and subsequently held off knowing I was participating in this study (my boss is awesome), but still, things like that proved frustrating.

Not to mention the many frequent and strange questions I got asked every time my shaker came out, that got annoying too! “Is it for weight loss?”, “Is it a protein powder?” and “Is this a fitness thing?” being the main ones...

5. **Did you experience any negative symptoms or difficulties during the study?** - The First week of diarrhoea for sure...
6. **If so, when did they clear?** – They mostly cleared after a week or so, Thank goodness!
7. **Did they reoccur? If so, how often?** – Occasionally I got a bit of “urgency” going on. So far since adding a meal back and stopping at 80% Huel i’ve had less issues in that regard.
8. **Did you have any caffeine during the study, if so how much as a daily average?** – About 3 cups of green tea and a coffee normally.



9. **Generally over the last 5 weeks, how would you describe your stress levels throughout the day?** – High, But that’s due to personal reasons. Huel if anything has actually helped free up what little time I have and thus reduce stress.
10. **Generally over the last 5 weeks, how would you describe your energy levels throughout the day?** – Unchanged, however I had a very decent diet before so I didn't notice much. Fitness levels stayed about the same. The lower consumption of salt meant I certainly looked “drier” aesthetically, I don’t think i’ve looked quite so vascular post workout in all my life! So as a whole my energy levels have been very good.
11. **On average, how many hours of quality sleep did you get during the trial?** – 6-7... I need 8! :(
12. **If you outlined a goal at the beginning of the study, do you feel following a 100% Huel diet for 5 weeks helps support this?** – Yes, I wanted to use it for a very slow bulk, Given enough time Huel would indeed support this goal. Took a while to get the energy right balance though and that obviously hindered my goal. If I continue as I am then that goal is easily attainable.
13. **Will you continue using Huel after the trial? If so, how often and for which meals?** – Yes. I’m going to using it for 80% of my diet for a little while. Cost is a factor though and I may have to reduce this to about 60% if lack of money gets in the way.

My current plan is to use Huel for everything but one meal. That meal being something cooked in the evening, so tea/dinner, with lots of veg to make up for lack of phytonutrients i’m likely otherwise missing. Although that is debatable, as going zero veg for 5 weeks hasn’t killed me, or done anything negative for the matter, Huel must be doing something haha...

## POST-TRIAL QUESTIONNAIRE

Participant number: 13

1. **Overall, how did you find the trial?** – no issues at all. Happy to have taken part. Straightforward trial.
2. **On a scale from 1 - 10 (1 being easy, 10 being incredibly difficult) how did you find using Huel for 100% of your diet?** – 1
3. **What were the main positives of using Huel 100% for you?** – Weight management. Healthy option. No stress or fuss eating.
4. **What were the main negatives of using Huel 100% for you?** – None. Even when with children and dining out. Content to have a cuppa (without milk) instead.
5. **Did you experience any negative symptoms or difficulties during the study?** - Day 2 & 3, major headaches but unsure as to cause, could have been trial (ie withdrawal symptoms of something – unsure what), could have been dehydration, could have been under the weather.
6. **If so, when did they clear?** – By day 4
7. **Did they reoccur? If so, how often?** – No
8. **Did you have any caffeine during the study, if so how much as a daily average?** – 1 cup every other day – specifically chose decaf version for majority of time.
9. **Generally over the last 5 weeks, how would you describe your stress levels throughout the day?** – No more than usual, probably less.
10. **Generally over the last 5 weeks, how would you describe your energy levels throughout the day?** – Slightly elevated.
11. **On average, how many hours of quality sleep did you get during the trial?** – 7. Much better sleep tbh.
12. **If you outlined a goal at the beginning of the study, do you feel following a 100% Huel diet for 5 weeks helps support this?** – No real goal set, happy to maintain and yes it supported that
13. **Will you continue using Huel after the trial? If so, how often and for which meals?** – I have used Huel pretty much 100% for nearly 3 years and will continue to do so. I have re-introduced milk in tea only. I cannot drink coffee with milk since the trial. I have stopped using separate 'home' additions to Huel using only the flavour boosts. I would be happy to take part in the same restrictive trial for a much longer term.