**Supplementary Material**



**Supplementary Figure 1: Consolidated Standards of Reporting Trials Diagram: flow of participants through the Dietary Intervention, Stem cells and Colorectal cancer Study randomized controlled trial.** PD, polydextrose; RS, resistant starch.

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**Supplementary Figure 2: Mean number of mitoses per crypt compartment pre- and post-intervention for all DISC Study participants**

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**Supplementary Figure 3: Mean number of mitoses per crypt compartment pre- and post-intervention for all older (>50 years old) DISC Study participants given RS or placebo**

Supplementary Methods:

Supplementary Table 1: Primer sequences for quantification of *CCND1, c-MYC* and *SFRP1* by qPCR

|  |  |  |
| --- | --- | --- |
| **Gene** | **Forward primer sequence**  | **Reverse primer sequence**  |
| *18S*  | GGCTCATTAAATCAGTTATGGTTCCT  | GTATTAGCTCTAGAATTACCACAGTTATCC  |
| *B2M*  | AAAGATGAGTATGCCTGCCGT  | ACTTAACTATCTTGGGCTGTGACAA  |
| *CCND1*  | TTGTACCTGTAGGACTCTCATTCG  | ACAGCACTGTGAGCTGGCT  |
| *c-MYC*  | AGATCCGGAGCGAATAGGG  | GTCCTTGCTCGGGTGTTGTA  |
| *SFRP1*  | TGGTGTGGATCTATTGGCTG  | TCACTTTCTGGGCTTGACCT  |