

# YOU'RE INVITED

You are invited to participate in a research study comparing the effects of three diets – a Modified Paleolithic Elimination Diet (elimination of gluten, dairy, and eggs), a Time Restricted Olive Oil-based Ketogenic diet, or your usual diet with information about the USDA Dietary Guidelines for Americans. Participants in the usual diet group will be encouraged but not required to follow the Dietary Guidelines for Americans diet. Quality of life, including long term effect on motor and vision function, fatigue, mood, and disease activity will be assessed by online surveys, study participant tasks, and brain imaging.

The study will be held at the University of Iowa Hospitals & Clinics over two years. It will consist of three visits to Iowa City, the first visit (month 0), month 3, and month 24. Each visit can last approximately three and up to six hours.

## What you will be asked to do at home while on your assigned study diet

- Follow one of the three study diets randomly assigned to you for 24 months
- Report changes in health and medications
- Eat more non-starchy vegetables
- Eat more home-cooked meals
- Take recommended dietary supplements
- Complete daily food logs (three questions) on a smart phone
- If you are assigned to the ketogenic diet, you must take a blood ketone measurement daily for the first month and then twice a week for the rest of the study
- Complete online surveys
- Watch videos, review study diet guides and meet via Zoom to learn your assigned study diet
- Attend optional online support groups

## What you will be asked to do at each of three visits to UIHC

- Complete fasting blood draws
- Complete physical motor skills, cognitive assessment, and visual function tasks
- Receive a non-contrast MRI brain scan at first and final end of study UIHC visits (Month 0 and 24)

## Requirements to participate

- Diagnosis of relapsing remitting multiple sclerosis (RRMS)
- 18-70 years old
- Able to walk 25 feet without support or unilateral support
- Willingness to adopt any of the three study diets, including the control diet
- Willingness to share medical records for the two years of the study
- Do not have heart disease, liver disease, kidney disease, or type 1 diabetes
- Do not have serious psychiatric disease that would make adopting a study diet more difficult
- Are not taking insulin or coumadin
- Have a smart phone, tablet or iPad to download a free app
- Have access to high-speed internet and a computer or smart phone to participate in video conferences via Zoom and complete online patient surveys
- Commitment to completing surveys for two years and attend the of end of study visit

more on back →

# COMMON QUESTIONS

## Do I need to live within a specific mile radius of Iowa City?

No, however, if travel funds are needed, we may be able help. We can offer a travel stipend to support some travel expenses to and from Iowa City. Please speak with us about your needs. We also offer stipends to participants for attending the site visits and for completing the required online surveys.

## Can I pick the diet I want to follow?

We ask that you follow the diet assigned to you. If following your assigned diet becomes difficult contact the study team for assistance.

## Can I be in the study if I am in another MS-related study?

If you are in an interventional study investigating drugs, exercise, or other wellness behaviors you cannot be in this study. If you are in an observation-only study, you can still be in this study if you are willing to follow any of the three diets.

If you're interested in taking our screening survey, please visit:

→ <https://redcap.icts.uiowa.edu/redcap/surveys/?s=JX73EYRJNPF9MHRR>

If you have questions, please contact us at

→ [MSDietStudy@healthcare.uiowa.edu](mailto:MSDietStudy@healthcare.uiowa.edu)



→ [wahls.lab.uiowa.edu/join-study](http://wahls.lab.uiowa.edu/join-study)



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