VITAMIN B12 AND CHEMICAL INTOLERANCE
RESEARCH INFORMATION SHEET

The Hoffman-TILT Research Group from UT Health (San Antonio) would like to invite you to participate in a study aiming at investigating the relationship between vitamin B12 deficiency and the severity of symptoms for people suffering from chemical, food and drug intolerances.

1. What problem is the study trying to identify?

We would like to know if you have any of the following: chemical, food, and drug intolerance (CFDIs) as well as your vitamin B12 status. So far, not much is known about how vitamin B12 deficiency may affect the severity of symptoms for people affected with CFDIs.

2. What you will be asked to do?

If you agree to participate, we will need your email address where we can send you a link to access a three-question survey titled the Brief Environmental Exposure & Sensitivity Inventory (BREESI). If you answer "YES" to one or more of the questions, you will then be invited to participate in the study. Even if you answer "NO" to any of the three BREESI questions, it will not keep you from participating in the study.

Whether you answer "YES" or "NO" to the BREESI questions, you will be asked to read and sign an electronic informed consent (eIC). After that, you will be asked to answer a 50-question survey called the Quick Environmental Exposure & Sensitivity Inventory (QEESI). The QEESI survey takes approximately, 15 to 30 minutes to complete. If your score is ≥39 on the Chemical Exposures and Symptoms scales, you will be assigned to the "CASES" group; if your score is ≤39, you will be assigned to the "CONTROL" group.

OTHER ACTIVITIES:

In addition, you will complete a demographic survey. You will also complete a vitamin B12 survey. This is a comprehensive questionnaire designed to assess symptoms and conditions that may contribute to vitamin B12 deficiency. This survey takes, approximately, 20 to 30 minutes to complete.

The BREESI, QEESI, demographic survey, vitamin B12 survey, and eIC will be available online.

A urine sample from you will be needed in order to determine your vitamin B12 levels. A urine collection kit with a numerical code and your DOB will be mailed to you. After you collect 1 mL of urine, which is equivalent to less than a teaspoon, you will need to mail it out to Norman Clinical Labs using the prepaid pre-labeled mailer, which will be provided to you. The test is provided to you at no cost. You will also receive a copy of the test results.

3. How much time will I spend on the study?

Participation in this research study may take anywhere from one to two hours. The time has been estimated based on how long it may take you to answer the surveys questions (demographic survey, BREESI, QEESI, eIC and B12 survey); along with the amount of time it takes for you to provide us with a urine sample.

***4.* What are the possible risks and benefits involved in this study?**

The risks from participating in the study are minimal. The urine collection is non-invasive; therefore, it does not pose any risks to you.

If you need more information before making a decision, please contact Jessica Hernandez, Research Assistant; at 210-214-3478.

If you are ready to participate, please let us know by contacting Jessica at Hernandezjf@uthscsa.edu.