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Summary

ONE BLUE MUFFIN, THOUSAND ENGAGED: CITIZEN SCIENCE VALIDATES A CLINICAL BIOMARKER OF GUT TRANSIT TIME

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The Blue Muffin test, a citizen-driven assessment using non-absorbable dye (Royal Blue – E133) to measure whole-gut transit time, was feasible at population scale in 831 participants and showed a median transit time of 23.9 hours with 81.3% falling within a normative range of 13.3–51.2 hours.

KEY POINTS

- Whole-gut transit time correlated significantly with stool consistency (Bristol Stool Scale; p=2.6E-20), ranging from 45.4 hours for hard stool (Type 1) to 18.4 hours for loose stool (Type 7), and with bowel movement frequency (p=1.1E-08).
- Females had significantly slower transit time than males (median 25.9 vs. 21.9 hours; p=9.9E-06).
- In multivariable analysis, older age (β=0.005, p=0.001), female sex (β=−0.156, p=0.009), and higher BMI (β=−0.004, p=0.047) were independently associated with slower transit time.
- No significant correlations were found between dietary habits (fruit, vegetable, bread, or water intake) and whole-gut transit time in this feasibility study.
- The study recruited 1,055 participants (aged 6–81 years) at a two-day public event in Leuven, Belgium, with 79% completing the gastrointestinal assessment and 85% reporting their transit time.

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