

Supplemental Table 2. The fecal moisture and pH

Category	Group	0 week	4 weeks	8 weeks	Δ 4 weeks – 0 week	Δ 8 weeks – 0 week
Moisture Contents (%)	T0 (<i>n</i> = 19)	75.0 \pm 8.19	73.7 \pm 7.97	73.7 \pm 7.24	-0.43 \pm 9.28	-0.40 \pm 8.56
	T3 (<i>n</i> = 12)	76.9 \pm 7.08	78.6 \pm 9.24	76.8 \pm 9.84	0.54 \pm 8.00	-0.86 \pm 8.54
	T5 (<i>n</i> = 16)	75.4 \pm 10.5	75.7 \pm 10.4	74.5 \pm 10.5	0.13 \pm 8.92	-1.84 \pm 5.57
pH	T0 (<i>n</i> = 19)	6.99 \pm 0.66	7.14 \pm 0.70	7.53 \pm 0.44 [#]	0.15 \pm 0.53	0.54 \pm 0.76
	T3 (<i>n</i> = 14)	6.87 \pm 0.83	7.25 \pm 0.96	7.07 \pm 0.67*	0.39 \pm 0.70	0.21 \pm 0.85
	T5 (<i>n</i> = 17)	6.88 \pm 0.45	6.97 \pm 0.61	7.21 \pm 0.51	0.09 \pm 0.68	0.33 \pm 0.66

Data are represented as Mean \pm SD. T0, Placebo; T3, PHGG 3 g/day; T5, PHGG 5 g/day. Between-group comparison with placebo: * p <0.05. Within-group comparison with baseline: [#] p <0.05.