

Supplementary Materials for
The change of the gut microbiome and immunity by *Lactocaseibacillus rhamnosus* Probio-M9

The additional tables include:

Table S1. The immune function test results of all subjects at the beginning and end of the intervention.

Table S2. The profiling results for all microbes from the probiotic and placebo group at the species level.

Table S3. The SNVs in the two groups.

The supplementary figures include:

Figure S1. Comparison of the relative abundance of *Lactocaseibacillus rhamnosus* between the two groups at different time points.

