

Supplementary Table S1. Difference in reported VAS scores for endometriosis-related symptoms reported by women adhering to the dietary interventions and by women part of the control group.

Symptoms associated with endometriosis	Intervention (Low FODMAP ¹ or endometriosis diet)			Control		
	N = 43			N = 19		
	Baseline VAS ² score (median, IQR ³)	Six-month VAS score (median, IQR)	P-value ⁴	Baseline VAS score (median, IQR)	Six-month VAS score (median, IQR)	P-value ⁴
Dysmenorrhea	5.0 (8.0)	3.0 (6.0)	0.083	4.0 (7.0)	4.0 (7.0)	0.634
Deep dyspareunia	4.0 (5.0)	1.0 (4.0)	0.012	3.5 (6.0)	1.0 (6.0)	0.424
Chronic pelvic pain	2.0 (6.0)	3.0 (6.0)	0.707	2.5 (6.0)	2.0 (4.0)	0.985
Dysuria	1.0 (4.0)	0.0 (1.0)	0.005	0.0 (3.0)	0.0 (1.0)	0.256
Bloating	8.0 (3.5)	3.0 (4.0)	<0.001	6.0 (4.0)	5.0 (5.0)	0.487
Tiredness	7.0 (4.0)	5.0 (3.0)	<0.001	7.0 (2.8)	6.0 (6.0)	0.200

Symptoms associated with endometriosis	Low FODMAP diet			Endometriosis diet		
	N = 22			N = 21		
	Baseline VAS score (median, IQR)	Six-month VAS score (median, IQR)	P-value ⁴	Baseline VAS score (median, IQR)	Six-month VAS score (median, IQR)	P-value ⁴
Dysmenorrhea	4.0 (7.0)	2.0 (4.0)	0.111	6.0 (7.0)	3.5 (7.0)	0.298
Deep dyspareunia	4.5 (6.0)	0.0 (4.0)	0.066	4.0 (6.0)	2.0 (5.0)	0.078
Chronic pelvic pain	2.0 (6.0)	4.0 (6.0)	0.433	3.0 (6.0)	2.5 (5.0)	0.809
Dysuria	1.0 (3.0)	0.0 (0.0)	0.015	1.0 (4.5)	0.0 (1.0)	0.105
Bloating	8.0 (3.8)	3.0 (4.5)	<0.001	7.0 (3.5)	2.0 (3.0)	<0.001
Tiredness	7.0 (4.0)	5.0 (5.0)	0.087	7.0 (5.0)	3.5 (2.8)	0.002

Differences were calculated between baseline and 6-month follow-up.

¹ FODMAP: fermentable oligo-, di-, mono-saccharides, and polyols.

² VAS: visual analogue score (scale 0–10 cm).

³ IQR: interquartile range.

⁴ Calculated using the Mann–Whitney U test because of non-normal distributed data.