

Additional file 2 Mean values and standard error or the mean (SEM) calculated for the daily records on GI symptoms (averages were calculated for 2-week intervals).

GI symptoms		Total cohort		Severe		Moderate	
		EpiCor	Placebo	EpiCor	Placebo	EpiCor	Placebo
BD_T1	Mean	1.72	1.51	2.05	1.91	0.95	0.69
	SEM	±0.14	±0.13	±0.16	±0.13	±0.14	±0.09
BD_T2	Mean	1.30	1.24	1.60	1.46	0.61	0.79
	SEM	±0.14	±0.14	±0.17	±0.18	±0.11	±0.15
BD_T3	Mean	1.24	1.23	1.55	1.47	0.51	0.73
	SEM	±0.15	±0.14	±0.19	±0.18	±0.11	±0.15
BD_T4	Mean	1.21	1.18	1.51	1.42	0.51	0.68
	SEM	±0.16	±0.14	±0.19	±0.17	±0.13	±0.21
BD	<i>p</i> -value (ANOVA)	<0.0001	0.003	0.002	<0.0001	0.001	0.873
GAS_T1	Mean	1.82	1.65	2.11	1.90	1.14	1.12
	SEM	±0.14	±0.14	±0.17	±0.17	±0.18	±0.20
GAS_T2	Mean	1.66	1.36	1.98	1.54	0.92	0.97
	SEM	±0.15	±0.14	±0.18	±0.17	±0.13	±0.19
GAS_T3	Mean	1.64	1.36	1.91	1.51	1.02	1.04
	SEM	±0.16	±0.14	±0.20	±0.17	±0.18	±0.21
GAS_T4	Mean	1.56	1.29	1.76	1.50	1.07	0.85
	SEM	±0.17	±0.13	±0.21	±0.16	±0.21	±0.19
GAS	<i>p</i> -value (ANOVA)	0.099	<0.0001	0.078	0.000	0.485	0.198
RUM_T1	Mean	1.33	1.34	1.63	1.63	0.65	0.73
	SEM	±0.13	±0.13	±0.16	±0.14	±0.11	±0.16
RUM_T2	Mean	1.14	1.10	1.45	1.31	0.41	0.65
	SEM	±0.13	±0.12	±0.15	±0.15	±0.13	±0.11
RUM_T3	Mean	1.07	1.08	1.35	1.26	0.43	0.70
	SEM	±0.15	±0.11	±0.18	±0.15	±0.13	±0.11
RUM_T4	Mean	0.95	1.04	1.21	1.29	0.36	0.51
	SEM	±0.14	±0.12	±0.16	±0.15	±0.16	±0.12
RUM	<i>p</i> -value (ANOVA)	0.002	0.005	0.015	0.011	0.114	0.165
FF_T1	Mean	1.54	1.34	1.88	1.73	0.76	0.53
	SEM	±0.15	±0.13	±0.17	±0.13	±0.16	±0.10
FF_T2	Mean	1.10	1.05	1.41	1.22	0.38	0.69
	SEM	±0.15	±0.13	±0.18	±0.18	±0.10	±0.14
FF_T3	Mean	1.09	1.04	1.35	1.21	0.48	0.67
	SEM	±0.16	±0.13	±0.20	±0.17	±0.13	±0.15
FF_T4	Mean	1.03	0.97	1.30	1.15	0.40	0.60
	SEM	±0.16	±0.13	±0.21	±0.17	±0.13	±0.18
FF	<i>p</i> -value (ANOVA)	<0.0001	0.004	0.002	0.000	0.004	0.618
AD_T1	Mean	0.81	0.73	1.05	0.91	0.27	0.34
	SEM	±0.14	±0.11	±0.18	±0.14	±0.09	±0.08
AD_T2	Mean	0.64	0.49	0.81	0.61	0.24	0.25
	SEM	±0.12	±0.10	±0.16	±0.13	±0.06	±0.12
AD_T3	Mean	0.59	0.48	0.77	0.62	0.16	0.20
	SEM	±0.13	±0.08	±0.17	±0.11	±0.06	±0.05

AD_T4	Mean	0.59	0.48	0.76	0.64	0.18	0.15
	SEM	±0.13	±0.08	±0.17	±0.10	±0.06	±0.05
AD	p-value (ANOVA)	0.021	0.011	0.032	0.035	<i>0.508</i>	<i>0.213</i>
DTS_T1	Mean	7.20	6.56	8.68	8.08	3.74	3.41
	SEM	±0.56	±0.46	±0.60	±0.42	±0.31	±0.32
DTS_T2	Mean	5.84	5.23	7.24	6.13	2.56	3.35
	SEM	±0.59	±0.47	±0.69	±0.57	±0.28	±0.52
DTS_T3	Mean	5.63	5.18	6.93	6.07	2.59	3.33
	SEM	±0.64	±0.45	±0.78	±0.57	±0.39	±0.44
DTS_T4	Mean	5.33	4.96	6.53	6.00	2.53	2.79
	SEM	±0.65	±0.47	±0.80	±0.54	±0.49	±0.55
DTS	p-value (ANOVA)	<0.0001	<0.0001	0.001	<0.0001	0.027	<i>0.381</i>

Legend: The enlisted gastrointestinal (GI) symptoms are BD (bloating/distension), GAS (passage of gas), RUM (GI rumbling), FF (feeling of fullness) and AD (abdominal discomfort). A daily total score (DTS) calculated as the sum of all items recorded each day is also shown. The periods depicted are T1 (average of weeks 1 and 2 of run-in), T2 (average of weeks 1 and 2 of intervention), T3 (average of weeks 3 and 4 of intervention) and T4 (average of weeks 5 and 6 of intervention). A lower score is concomitant with lower severity of symptoms. A one-way repeated measures ANOVA was used to test for significant changes over time within each group (p -values ≤ 0.05 are depicted in bold text).