

Supplemental table 1: Blood parameters before and at conclusion of the last treatment phase for participants in the oligofructose ( $n = 45$ ) and maltodextrin (placebo;  $n = 43$ ) groups. Within group differences (before compared with after final treatment period) are marked with \* ( $p < 0.05$ ) or \*\* ( $p < 0.01$ ). Differences between oligofructose and maltodextrin groups are marked with # ( $p < 0.05$ ) or ## ( $p < 0.01$ ).

Blood parameter (Reference Values)	Oligofructose		Maltodextrin	
	Baseline	Treatment	Baseline	Treatment
Na (135-148 mEq/L)	141.5 ± 4.0	142.5 ± 7.7	142.4 ± 4.4	145.5 ± 9.1
K (3.5-5.5 mEq/L)	4.20 ± 0.35	4.04* ± 0.49	4.23 ± 0.46	4.22 ± 0.42
Cl (98-106 mEq/L)	106.3 ± 5.3	106.5 ± 8.7	107.5 ± 3.9	110.6* ± 7.5
Gluc (70-100 mg/dL)	84.9 ± 9.7	85.1 ± 12.9	92.5## ± 14.7	88.9 ± 20.7
BUN (7-18 mg/dL)	13.08 ± 6.23	12.05 ± 3.82	13.17 ± 3.79	13.24 ± 4.13
Creat (mg/dL)	0.84 ± 0.71	0.81 ± 0.25	0.75 ± 0.15	0.82** ± 0.19
Males (<1.6 mg/dL)	0.92 ± 0.24	1.00 ± 0.24	0.85 ± 0.19	0.93 ± 0.25
Females (<1.3 g/dL)	0.83 ± 0.77	0.77** ± 0.24	0.72 ± 0.13	0.79** ± 0.15
CO <sub>2</sub> (23-34 mEq/L)	25.41 ± 4.19	26.77* ± 3.95	24.84 ± 3.07	26.57* ± 3.65
CPK (IU/L)	253.0 ± 437.7	150.9 ± 166.0	137.1 ± 133.5	169.9 ± 290.3
Males (<160 IU/L)	617.2 ± 756.2	256.2 ± 345.0	216.2# ± 254.1	168.1 ± 126.9
Females (<130 IU/L)	171.9 ± 285.7	128.3** ± 82.3	113.1 ± 51.9	170.5 ± 325.7
AST (<41 IU/L)	27.04 ± 17.76	23.67 ± 9.98	22.65 ± 6.23	22.77 ± 9.72
ALT (<39 IU/L)	18.91 ± 9.81	19.16 ± 9.15	18.49 ± 7.70	18.37 ± 8.10
ALKP (35-123 IU/L)	73.69 ± 23.89	74.20 ± 23.49	73.79 ± 32.74	73.37 ± 36.54
GGT (IU/L)	12.20 ± 10.18	11.43 ± 6.82	13.53 ± 10.04	14.02 ± 11.29
Males (<55 IU/L)	20.13 ± 20.07	16.50 ± 9.56	13.10 ± 5.84	14.80 ± 12.36
Females (<36 IU/L)	10.38 ± 5.35	10.11** ± 5.68	13.67 ± 11.08	13.79 ± 11.13
Bili (0.2-1.2 mg/dL)	0.74 ± 0.91	0.69 ± 0.47	0.66 ± 0.41	0.64 ± 0.43
Alb (3.5-5.3 g/dL)	4.21 ± 0.41	4.12 ± 0.48	4.28 ± 0.43	4.21 ± 0.46
Ca (8.5-10.5 mg/dL)	9.38 ± 0.52	9.48 ± 0.58	9.55 ± 0.51	9.76 ± 0.97
Mg (1.5-2-6 mg/dL)	2.06 ± 0.24	1.97** ± 0.21	2.05 ± 0.20	2.03 ± 0.30
Phos (2.5-4.8 mg/dL)	4.20 ± 0.58	4.16 ± 0.63	4.20 ± 0.67	4.26 ± 0.63
Chol (<200 mg/dL)	173.7 ± 37.6	174.6 ± 38.9	182.8 ± 35.0	184.5 ± 38.8
TG (<150 mg/dL)	90.3 ± 54.4	93.5 ± 63.4	89.9 ± 53.7	102.7** ± 61.5
HDL (mg/dL)	54.26 ± 14.12	55.63 ± 14.76	54.34 ± 12.76	54.47 ± 12.60
Males (>40 mg/dL)	47.03 ± 16.70	51.35 ± 17.95	50.95 ± 11.30	45.37* ± 12.02
Females (>50 mg/dL)	56.04 ± 13.07	56.74** ± 13.90	55.37 ± 13.16	57.22 ± 11.58
LDL (<100 mg/dL)	101.3 ± 32.3	100.2 ± 34.4	110.5 ± 30.4	109.5 ± 34.3
Uric (2.5-7.7 mg/dL)	4.37 ± 1.39	4.45 ± 1.28	4.54 ± 1.21	4.77* ± 1.27

**Abbreviations:**

Na=Sodium, K=Potassium, Cl=Chloride, Gluc=Glucose, BUN=Blood urea nitrogen, Creat=Creatinine, CO<sub>2</sub>=Carbon dioxide, CPK=Creatine phosphokinase, AST=Aspartate aminotransferase, ALT=Alanine aminotransferase, ALKP=Alkaline phosphatase, GGT=Gamma glutamyltransferase, Bili=Bilirubin, Alb=Albumin, Ca=Calcium, MG=Magnesium, Phos=Phosphate, Chol=Cholesterol, TG=Triglycerides, HDL=High density lipoprotein, LDL=Low density lipoprotein, Uric=Uric acid