

S3 Table. Detailed microbiota changes.

Genus level taxon	Fold change to BL				
	BL	MD	OF	MD	OF
Actinobacteria; Coriobacteriia; Coriobacteriales; Coriobacteriaceae; Eggerthella	0.05 %	0.15 %	0.02 %	2.93	0.45
Bacteroidetes; Bacteroidia; Bacteroidales; Porphyromonadaceae; Butyricimonas	0.02 %	0.03 %	0.05 %	1.75	2.56
Bacteroidetes; Bacteroidia; Bacteroidales; Porphyromonadaceae; Parabacteroides	0.13 %	0.37 %	0.26 %	2.91	2.06
Bacteroidetes; Bacteroidia; Bacteroidales; Prevotellaceae; Paraprevotella	0.01 %	0.01 %	0.07 %	0.95	5.65
Bacteroidetes; Bacteroidia; Bacteroidales; Prevotellaceae; Prevotella	0.63 %	0.19 %	1.57 %	0.30	2.49
Firmicutes; Bacilli; Lactobacillales; Lactobacillaceae; Lactobacillus	0.03 %	0.04 %	0.14 %	1.16	4.49
Firmicutes; Clostridia; Clostridiales; FamilyXIIncertaeSedis; Parvimonas	0.00 %	0.01 %	0.00 %	23.39	0.74
Firmicutes; Clostridia; Clostridiales; Lachnospiraceae; Anaerospobacter	0.01 %	0.00 %	0.01 %	0.25	0.96
Firmicutes; Clostridia; Clostridiales; Lachnospiraceae; Blautia	7.07 %	6.09 %	4.12 %	0.86	0.58
Firmicutes; Clostridia; Clostridiales; Peptostreptococcaceae; IncertaeSedis	0.37 %	0.43 %	0.21 %	1.19	0.57
Firmicutes; Clostridia; Clostridiales; Ruminococcaceae; Anaerotruncus	0.23 %	0.41 %	0.25 %	1.77	1.09
Firmicutes; Clostridia; Clostridiales; Ruminococcaceae; Flavonifractor	0.40 %	0.88 %	0.34 %	2.21	0.85
Firmicutes; Clostridia; Clostridiales; Ruminococcaceae; Oscillibacter	0.08 %	0.14 %	0.10 %	1.85	1.34
Firmicutes; Clostridia; Clostridiales; Ruminococcaceae; Ruminococcus	4.38 %	3.40 %	2.03 %	0.78	0.46
Firmicutes; Erysipelotrichi; Erysipelotrichales; Erysipelotrichaceae; Turicibacter	0.03 %	0.04 %	0.01 %	1.39	0.21
Firmicutes; Erysipelotrichia; Erysipelotrichales; Erysipelotrichaceae; Catenibacterium	0.02 %	0.02 %	0.08 %	0.86	3.31
Firmicutes; Negativicutes; Selenomonadales; Veillonellaceae; Dialister	1.05 %	0.34 %	1.75 %	0.32	1.67
Proteobacteria; Deltaproteobacteria; Desulfovibrionales; Desulfovibrionaceae; Bilophila	0.04 %	0.08 %	0.07 %	2.34	2.03

Complete list of significant genus level changes post-intervention compared to the baseline. FDR corrected p-values >0.05 are show in bold