

Supplementary Table 1. Exclusion criteria used in the present study.

Exclusion criteria

Previous diagnosis of:

- Gastrointestinal cancer
- Inflammatory bowel disease
- Allergy, diabetes type II
- Other autoimmune disease
- Morbid obesity
- Any disease requiring gastrointestinal surgery

Consumption during the previous month of:

- Food supplements
 - Probiotic or prebiotic supplemented foods (standard yogurt consumption was allowed)
 - Antibiotics
 - Oral glucocorticoids
 - Immunotherapy
-