



Figure S1. Variation in percentage of subjects with improved fecal characteristics data minded at above 50% of Bristol Stool Score (BSS) at level 4. Solid bars and open bars denote mean values for PHGG and placebo groups, respectively. PHGG group: n=21, placebo group: n=21. (*p<0.05, Chi-square test.).

Table S1. Comprehensive statistics of the SF-8 scores of QOL-questionnaire from respondents (n = 42).

	Physical function		Role physical		Bodily pain		General health		Vitality		Social functioning		Role emotional		Mental health	
	PHGG	Placebo	PHGG	Placebo	PHGG	Placebo	PHGG	Placebo	PHGG	Placebo	PHGG	Placebo	PHGG	Placebo	PHGG	Placebo
Baseline (0 W)	51.59±3 .41	51.59±3 .41	52.18±3 .09	51.87±3 .22	50.92±7 .89	51.08±7 .86	53.57±5 .42	53.41±5 .68	50.97±5 .76	51.56±6 .34	52.04±5 .28	52.11±5 .88	51.00±4 .10	49.86±4 .71	52.26±4 .24	48.92±7 .90
	p=1.000		p=0.746		p=0.949		p=0.924		p=0.751		p=0.965		p=0.409		p=0.098	
Intake period 1 (4 W)	52.41±3 .05	52.41±3 .05	51.86±3 .87	51.86±3 .87	56.51±5 .87	54.17±7 .54	53.74±5 .14	51.92±5 .71	51.25±5 .24	50.82±6 .21	52.44±5 .11	49.99±7 .18	52.17±3 .96	49.35±6 .00	52.87±4 .80	49.08±7 .71
	p=1.000		p=1.000		p=0.269		p=0.286		p=0.811		p=0.202		p=0.080		p=0.064	
Intake period 2 (8 W)	51.87±3 .32	50.74±4 .05	52.18±3 .75	50.59±4 .55	53.65±6 .84	52.51±8 .43	52.87±5 .78	54.20±5 .76	50.97±6 .19	50.68±6 .22	53.40±4 .61	49.16±7 .56	51.59±4 .08	48.85±7 .27	53.15±4 .48	50.36±8 .25
	p=0.331		p=0.224		p=0.633		p=0.461		p=0.883		p=0.035		p=0.142		p=0.183	
Intake period 3 (12 W)	52.44±2 .32	51.29±3 .99	51.22±4 .53	51.54±4 .49	53.13±5 .87	52.13±6 .73	54.53±5 .19	54.59±5 .76	50.81±5 .40	51.28±6 .79	53.78±3 .42	49.97±7 .68	51.29±4 .10	49.11±6 .86	51.96±4 .11	49.37±8 .65
	p=0.262		p=0.821		p=0.613		p=0.969		p=0.806		p=0.047		p=0.219		p=0.225	

Welch's t-test (between groups).