

Supplementary materials

Oral intake of *Streptococcus thermophilus* improves knee osteoarthritis degeneration: a randomized, double-blind, placebo-controlled clinical study

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Table S1. Degree of improvement (based on KL grades 2, 3) (*n* = 10 for placebo group, *n* = 25 for TCI633 group)

Biomarker	Group	Week 4		Week 8		Week 12		<i>p</i> value
		I4-I0 (%) Difference (SE)	Improvement rate (%) (improved/total)	I8-I0 Difference (%) (SE)	Improvement rate (%) (improved/total)	I12-I0 Difference (%) (SE)	Improvement rate (%) (improved/total)	
sCTXII	Placebo	-6.50 ± 2.30	50% (5/10)	-15.80 ± 2.58	50% (5/10)	-37.07 ± 6.01	40% (4/10)	0.047 ^a , 0.019 ^b , < 0.001 ^c
	TCI633	-20.41 ± 5.52	44% (11/25)	-22.12 ± 6.66	44% (11/25)	-44.22 ± 3.90	44% (11/25)	0.004 ^a , 0.008 ^b , < 0.001 ^c
sCRP	Placebo	-42.95 ± 10.03	40% (4/10)	-45.50 ± 8.35	50% (5/10)	-46.63 ± 4.49	50% (5/10)	0.025 ^a , 0.021 ^b , 0.003 ^c
	TCI633	-45.24 ± 6.13	60% (15/25)	-40.30 ± 8.24	60% (15/25)	-44.35 ± 7.72	52% (13/25)	< 0.001 ^a , < 0.001 ^b , < 0.001 ^c

I4-I0 difference: the different between week 0 and week 4. I8-I0 difference: the different between week 0 and week 8. I12-I0 difference: the different between week 0 and week 12. a: comparison between week 0 and week 4. b: comparison between week 0 and week 8. c: comparison between week 0 and week 12.