

Mass [H+]	Monosaccharide composition	Abundance in supplement (%)	Pre-supplementation				Post-supplementation			
			Mean	SD	Minimum	Maximum	Mean	SD	Minimum	Maximum
505·1763	3 Hex	19.9	3.62	5.45	0.27	22.34	2.51	2.09	0.15	7.21
546·2029	2 Hex 1 HexNAc	9.4	0.12	0.16	0.01	0.51	0.28	0.37	0.01	1.43
634·2189	2 Hex 1 NeuAc	45.7	1.03	0.84	0.20	2.69	1.15	0.75	0.11	2.34
667·2293	4 Hex	5.8	5.53	9.17	0.52	37.77	4.30	2.98	0.59	11.40
675·2454	1 Hex 1 HexNAc 1 NeuAc	0.4	0.05	0.06	0.00	0.24	0.06	0.10	0.01	0.43
691·2404	1 Hex 1 HexNAc 1 NeuGc	0.7	n.m.	n.m.	n.m.	n.m.	n.m.	n.m.	n.m.	n.m.
708·2557	3 Hex 1 HexNAc	3.8	0.86	2.63	0.02	10.69	0.77	2.48	0.03	10.36
749·2822	2 Hex 2 HexNAc	0.7	n.m.	n.m.	n.m.	n.m.	n.m.	n.m.	n.m.	n.m.
796·2717	3 Hex 1 NeuAc	0.9	0.14	0.21	0.01	0.61	0.19	0.24	0.00	0.61
829·2821	5 Hex	4.1	2.55	2.06	0.16	6.77	3.41	3.05	0.40	13.24
870·3085	4 Hex 1 HexNAc	3.2	0.19	0.29	0.00	0.87	0.35	0.84	0.01	3.54
911·3352	3 Hex 2 HexNAc	0.7	0.70	0.94	0.02	3.48	1.11	1.44	0.01	6.12
991·335	6 Hex	2.6	2.39	4.81	0.01	15.12	1.15	2.22	0.01	9.73
1073·388	4 Hex 2 HexNAc	0.7	0.41	0.69	0.00	1.68	0.52	1.23	0.00	3.92
1114·415	3 Hex 3 HexNAc	0.6	0.13	0.23	0.01	0.88	0.21	0.39	0.01	1.45
1153·387	7 Hex	0.6	n.m.	n.m.	n.m.	n.m.	n.m.	n.m.	n.m.	n.m.
1315·440	8 Hex	0.2	n.m.	n.m.	n.m.	n.m.	n.m.	n.m.	n.m.	n.m.

*Note: "Pre-supplementation" includes all Day 0 samples from arms T2 and T3. "Post-supplementation" includes all Day 11 samples from arms T2 and T3.