

Supplementary Table 1: Numbers and demographics of subjects in control and intervention cohorts

	Controls						MedDiet Intervention					
	All Countries	Italy	UK	Netherlands	Poland	France	All Countries	Italy	UK	Netherlands	Poland	France
Individuals with sequenced microbiome	289	91	16	37	105	40	324	112	32	38	112	39
Median Age (Min-Max)	71 (65-79)	72 (65-79)	70.5 (65-79)	71.5 (65-79)	72 (65-79)	68 (65-77)	71 (65-79)	72 (65-79)	70.5 (65-79)	71.5 (65-79)	72 (65-79)	68 (65-72)
Gender (Male:Female)	145:144	46:45	7:9	21:16	46:59	25:15	141:182	56:56	12:20	13:25	45:67	15:24
Median BMI (Min-Max)	26.8 (18.8-44.6)	26.4 (18.8-44.6)	27.20 (20-31.5)	26.7 (19.7-35.1)	26.4 (21-37.6)	25.05 (18.9 – 37.5)	26.9 (18.5-46)	27.15 (18.7-37.9)	25.95 (18.5-33.7)	25 (20.3-35.8)	28.1 (19.5-46)	24.3 (19.7-31.3)

\*: Baseline