



Supplementary Figure. Flow diagram summarizing the enrollment and follow-up of participants.

Supplementary Table 1. Dietary Intake and Physical Activity of the *Post Hoc* Population at Baseline and Endpoint

Variables	Probiotic (n = 28)		Prebiotic (n = 25)		Placebo (n = 25)		P-value
	Baseline	End	Baseline	End	Baseline	End	
Energy (kcal)	1585.5 ± 300.1	1647.7 ± 330.8	1466.2 ± 422.5	1380.2 ± 403.0	1415.6 ± 429.5	1463.9 ± 434.0	0.120
Protein (%)	13.3 ± 2.4	13.5 ± 2.7	14.4 ± 2.1	14.8 ± 3.0	14.9 ± 2.3	15.4 ± 5.1	0.290
Fat (%)	28.2 ± 7.8	29.6 ± 5.9	29.5 ± 7.5	28.7 ± 7.8	29.8 ± 5.2	32.3 ± 6.4	0.301
CHO (%)	57.9 ± 7.95	57.6 ± 6.4	56.2 ± 7.1	56.1 ± 8.6	55.4 ± 6.4	52.4 ± 9.1	0.180
Fiber (g)	13.4 ± 6.8	12.1 ± 5.5	10.1 ± 4.8	11.7 ± 6.1	11.2 ± 3.1	10.6 ± 4.5	0.710
Cholesterol (mg)	182.6 ± 84.9	212.4 ± 117.5	190.7 ± 138.0	167.2 ± 101.4	207.1 ± 205.1	189.3 ± 251.5	0.720
Magnesium (mg)	158.8 ± 55.7	162.5 ± 44.5	137.3 ± 44.6	157.7 ± 62.2	140.7 ± 60.9	133.8 ± 43.2	0.250
Zinc (mg)	5.3 ± 1.3	5.7 ± 1.9	5.7 ± 2.6	5.7 ± 2.9	5.9 ± 2.6	6.5 ± 3.0	0.600
Selenium (µg)	0.09 ± 0.05	0.06 ± 0.2	0.06 ± 0.03	0.08 ± 0.04	0.06 ± 0.04	0.07 ± 0.03	0.220
Vitamin E (mg)	6.4 ± 3.7	3.6 ± 3.9	3.0 ± 3.5	4.4 ± 6.7	3.5 ± 3.2	4.4 ± 6.7	0.760
Vitamin C (mg)	75.6 ± 65.2	70.4 ± 133.8	91.4 ± 79.6	105.5 ± 105.2	72.0 ± 54.2	72.4 ± 47.1	0.450
MET (hr/wk)	21.1 ± 23.2	16.6 ± 14.9	20.1 ± 17.9	15.7 ± 11.0	20.4 ± 22.2	16.9 ± 17.7	0.800

CHO, carbohydrate; MET, metabolic equivalents.

Data are expressed as mean ± SD.

P-values obtained from ANOVA/ANCOVA adjusted for baseline values.

Supplementary Table 2. Pairwise Comparison of the Groups (*Post Hoc* Per-protocol Population)

Dietary intakes	Probiotic and Prebiotic	Probiotic and Placebo	Prebiotic and Placebo
Energy (kcal)	0.040	0.180	0.020
Protein (%)	0.170	0.171	0.681
Fat (%)	0.141	0.210	0.160
CHO (%)	0.550	0.060	0.240
Fiber	0.850	0.260	0.350
PUFA	0.311	0.402	0.811
MUFA	0.111	0.360	0.140
SFA	0.070	0.670	0.031
Cholesterol	0.231	0.041	0.730
Mg	0.790	0.070	0.220
Zn	0.660	0.360	0.420
Se	0.030	0.152	0.731
Vitamin E	0.671	0.520	0.730
Vitamin C	0.771	0.360	0.281

CHO, carbohydrate; PUFA, polyunsaturated fatty acids; MUFA, monounsaturated fatty acids; SFA, saturated fatty acids; Mg, magnesium; Zn, zinc; Se, selenium.

Data are expressed as *P*-values. ANOVA/ANCOVA analysis adjusted for baseline values. *P* < 0.05 is considered significant.