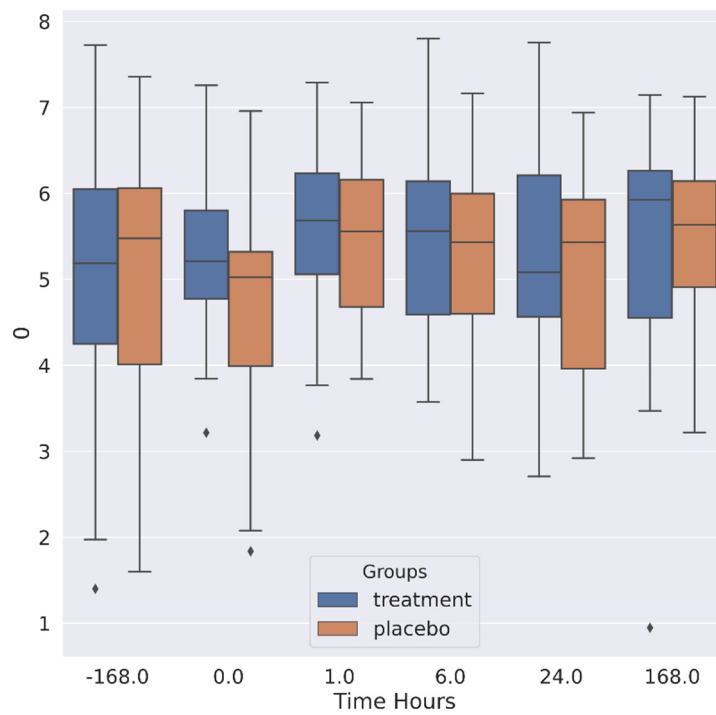
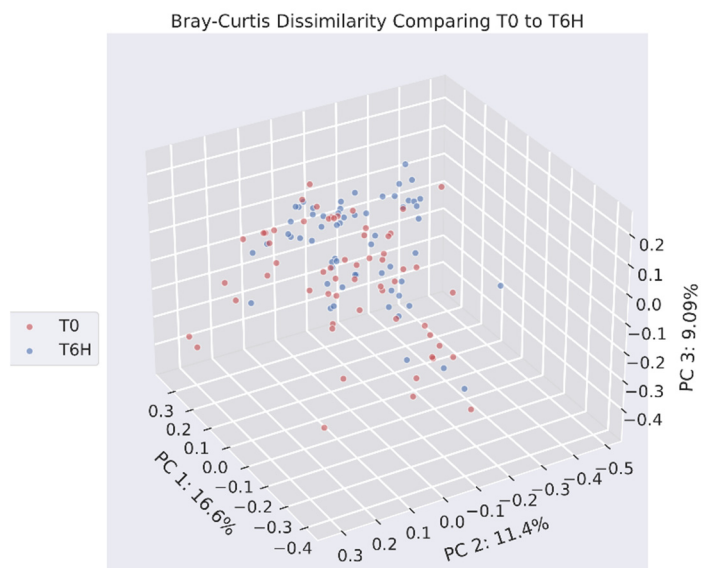


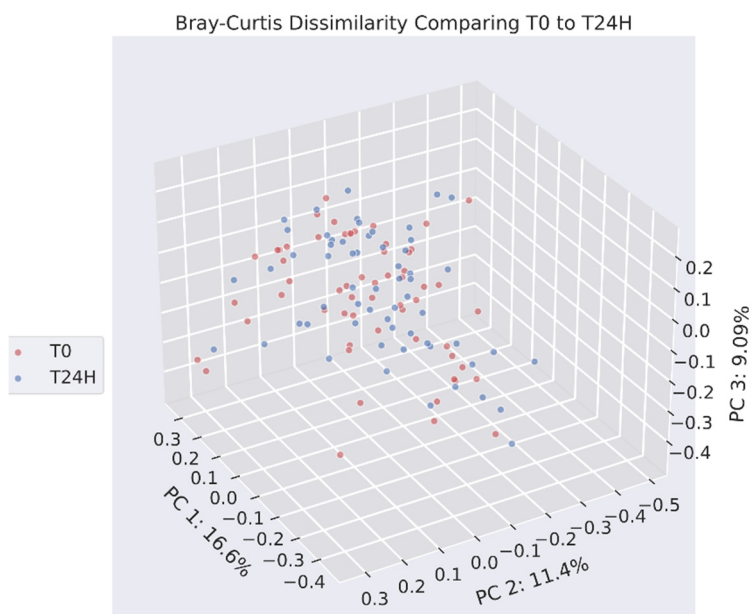
**Figure S1.** Study timeline and microbiome sampling timepoints.



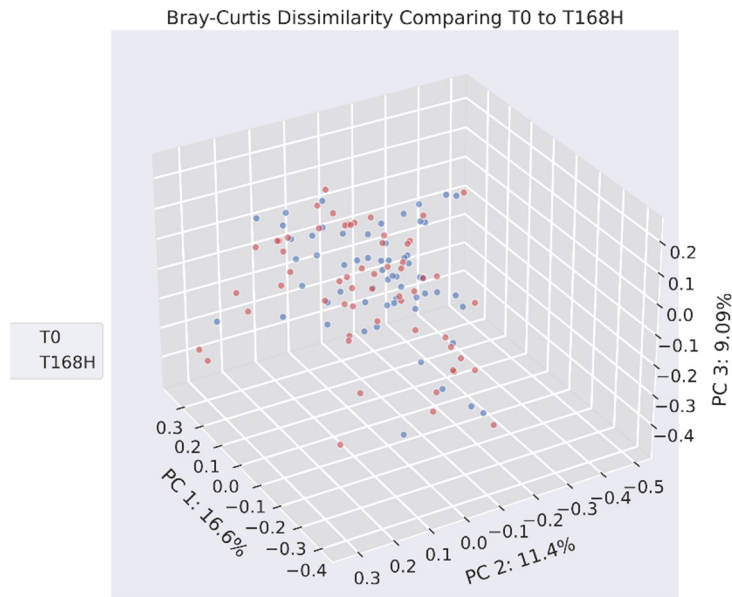
**Figure S2.** Alpha diversity using Shannon's entropy. At time -168 h represents subjects prior to washout and at time 0 h represents subjects having used the same formulation for washout and therefore grouping is symbolic for these timepoints to describe how the two groups change independent of the active treatment.



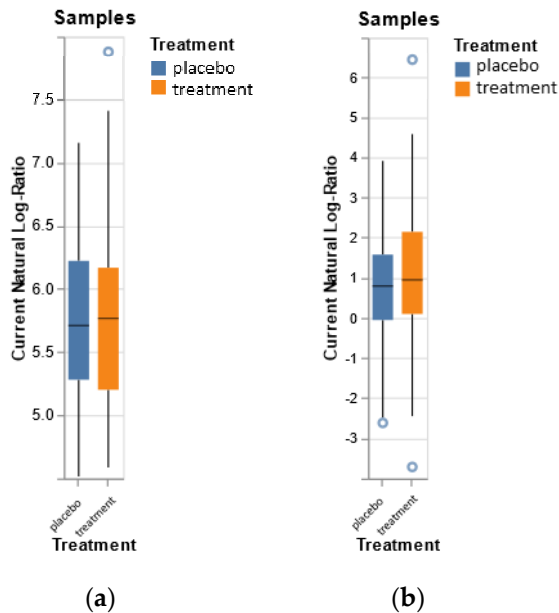
**Figure S3.** Bray-Curtis measure of beta-diversity between time 0 and 6 h after the first use of the active treatment. Treatment compared to control was not evaluated as no large differences between the groups were expected.



**Figure S4.** Bray-Curtis measure of beta-diversity between time 0 and 24 h after the first use of the active treatment. Treatment compared to control was not evaluated as no large differences between the groups were expected.



**Figure S5.** Bray-Curtis measure of beta-diversity between time 0 and 168 h after the first use of the active treatment. Treatment compared to control was not evaluated as no large differences between the groups were expected.



**Figure S6.** The top 10% of OTUs in the differential rankings produced by Songbird for the placebo and treatment groups during the washout phase. (a) is the intercept representing the starting point; (b) is the time ranking and represents any divergence of the groups during washout.