

Supplementary Table 3. Other characteristics of included randomized controlled trials in the meta-analysis

Study	Year	Area	dose design	Minerals intake	Measurement of outcome
Jansson	2019	Sweden	1 x10 ¹⁰ CFU/d	N/A	After 12 months
Takimoto	2018	Japan	3.4x10 ⁹ CFU /d	BDHQ	After 6 months
Nilsson	2018	Sweden	5x10 ⁹ CFU twice/d	A standardized questionnaire	After 12 months
Jafarnejad	2017	Iran	one Gerilact capsule /d*	500 mg Ca plus 200 IU vitamin D daily	After 6 months
Lambert	2017	Denmark	60mg isoflavone and probiotics/d	1200 mg Ca, 550 mg Mg, and 25mg calcitriol daily	After 12 months

BDHQ: a brief-type self-administered diet history questionnaire; CFU: colony-forming unit; *Lactobacillus casei 1.3 x 10¹⁰ CFU, Bifidobacterium longum 5 x 10¹⁰ CFU, Lactobacillus acidophilus 1.5 x 10¹⁰ CFU, Lactobacillus rhamnosus 3.5 x 10⁹ CFU, Lactobacillus bulgaricus 2.5 x 10⁸ CFU, Bifidobacterium breve 1 x 10¹⁰ CFU, and Streptococcus thermophilus 1.5 x 10⁸ CFU per 500 mg.