

## Additional File 2

| Operators Used in the Literature Search for Candidate Biomarkers of Fermented Food Intake |                |                                 |  |
|---|----------------|---------------------------------|--|
| Operator  | Database       | Field                           | Keywords   |
| AND   | Pubmed         | All fields                      | biomarker* OR marker* OR metabolite* OR biokinetics OR biotransformation OR pharmacokinetics                                     |
|   | Web of Science | Topic                           |  |
|   | Scopus         | Article Title/Abstract/Keywords |  |
| AND   | Pubmed         | All fields                      | intake* OR meal* OR diet* OR ingestion OR consumption OR eat* OR drink* OR administration  |
|   | Web of Science | Topic                           |  |
|   | Scopus         | Article Title/Abstract/Keywords |  |
| AND   | Pubmed         | All fields                      | human* OR men OR women OR patient* OR volunteer* OR participant* OR individual* OR subject*                                      |
|   | Web of Science | Topic                           |  |
|   | Scopus         | Article Title/Abstract/Keywords |  |
| AND   | Pubmed         | All fields                      | urine OR plasma OR blood OR serum OR excretion OR tissue* OR faeces OR feces OR "fecal water" OR "faecal water" OR nail* OR hair |
|   | Web of Science | Topic                           |  |
|   | Scopus         | Article Title/Abstract/Keywords |  |