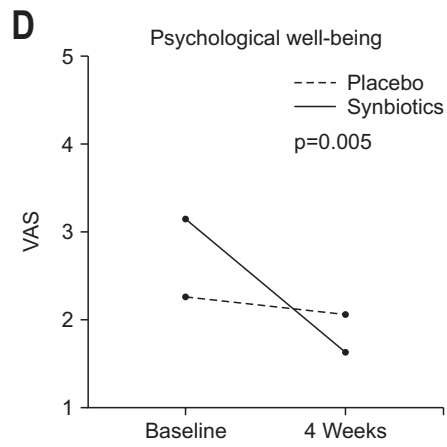
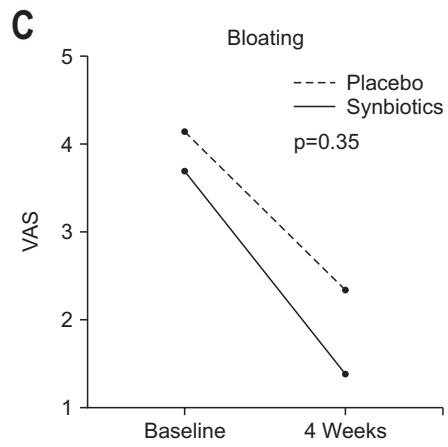
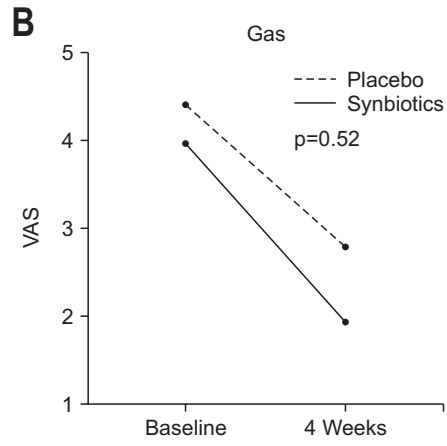
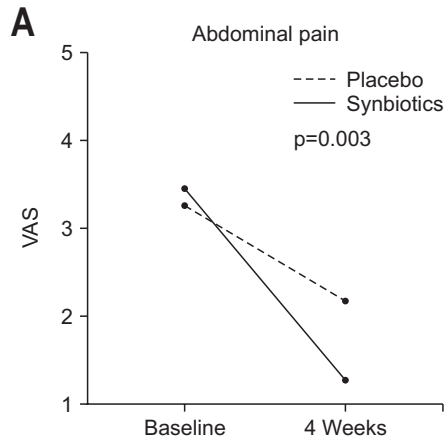


**Supplementary Table 1.** Weekly Responder Rates of Subject Global Assessment

Subject global assessment	Placebo (n=34)	Synbiotics (n=33)	p-value
1st wk	6 (17.6)	10 (30.3)	0.220
2nd wk	4 (11.8)	15 (45.5)	0.002
3rd wk	9 (26.5)	14 (42.4)	0.160
4th wk	6 (17.6)	21 (63.6)	<0.001

Data are presented as number (%).



**Supplementary Fig. 1.** Changes in (A) abdominal pain, (B) gas, (C) bloating, and (D) psychological well-being assessed with the visual analog scale (VAS).