

Supplemental material

Supplementary Table 1: Participant baseline characteristics (age, BMI, gender, time with and type of IBS) by treatment group. Supplementary Table 2: Composition of the acidified milk products. Supplementary Figure 1: PCA scoreplots of baseline and post treatment samples from both GDL treatment group. Supplementary Figure 2: PCA scoreplots of baseline and post treatment samples from probiotic milk treatment group. Supplementary Figure 3: OPLS-DA scoreplots of GDL and probiotic milk treatment groups.

Supplemental material – Pedersen *et al.* - The Serum Metabolite Response to Diet Intervention with Probiotic Acidified Milk in Irritable Bowel Syndrome Patients is indistinguishable from that of Non-Probiotic Acidified Milk by ¹H NMR-Based Metabonomic Analysis.

Supplemental Table 1. Participant characteristics by treatment group ^a.

Participant characteristic	GDL ^b		Probiotic ^c	
Age, y	45.70	± 2.97	40.70	± 2.91
BMI, kg/m ²	24.02	± 0.62	24.13	± 0.63
Gender, %				
<i>Female</i>	73		69	
<i>Male</i>	27		31	
Type of IBS, %				
<i>Diarrhoea</i>	48		40	
<i>Constipation</i>	28		20	
<i>Constipation/Diarrhea</i>	21		33	
<i>No constipation or diarrhea</i> ^d	3		7	
Time with IBS, %				
<i>Less than 5 y</i>	10		17	
<i>More than 5 y</i>	90		83	

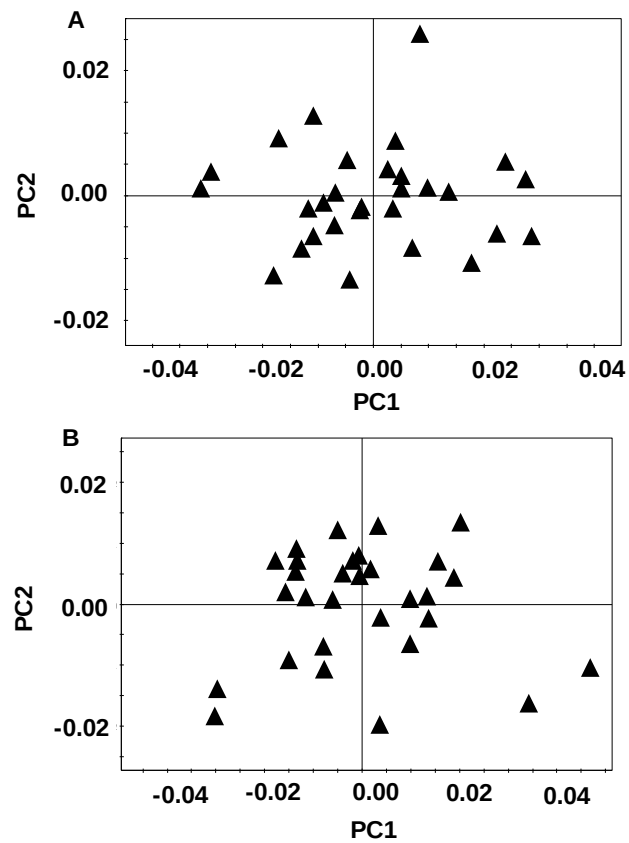
^a Age and BMI are given as means ± SEM. Gender, type of IBS and time with IBS are given as percentage of group. *P*(age) > 0.05 and *P*(BMI) > 0.05; ^b *n* = 30; ^c *n* = 31; ^d Constipation or diarrhea for this subgroup of patients was not recorded during the study period.

Supplemental Table 2. Composition of probiotic milk product and GDL milk product.

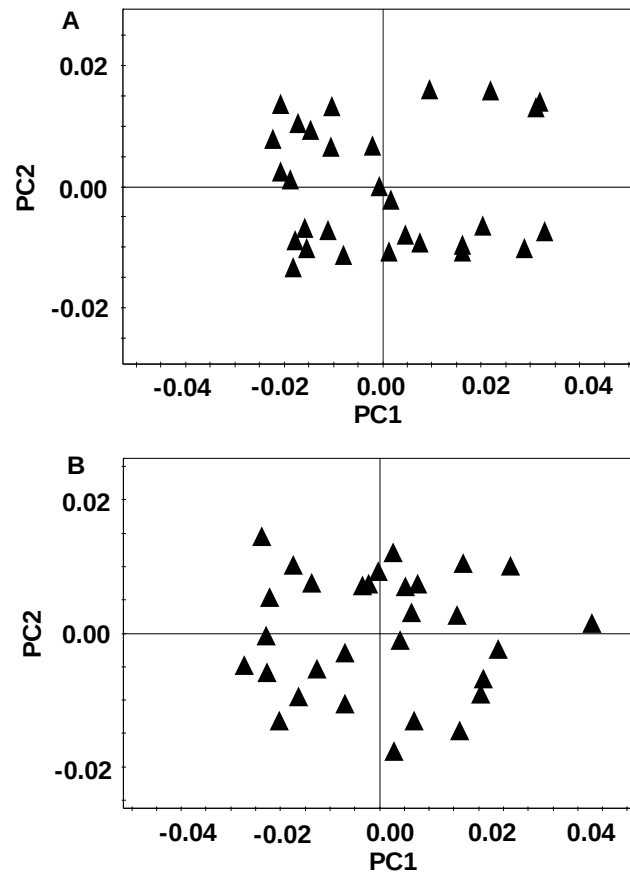
Product	Probiotics-containing milk product	Acidified milk product
Proximate composition (g/kg)		
Protein	40	40
Fat	15	15
Carbohydrate	40	65 ^a
Lactose	35	45
Ingredients	Milk	Milk
Acidifiers ^b	<i>Lactobacillus delbruckeii</i> ssps. <i>bulgaricus</i> <i>Streptococcus thermophilus</i>	D-(+)-gluconic acid δ -lactone
Probiotics ^c	<i>Lactobacillus paracasei</i> F19 <i>Lactobacillus acidophilus</i> LA-5 <i>Bifidobacterium lactis</i> BB-12	

^a Acidifier D-(+)-gluconic acid δ -lactone incorporated in the noted value; ^b Final concentration of biological fermenters in the product: $10^7 - 10^9$ CFU/g; ^c Final concentration of each probiotic strain in the product: 5×10^7 CFU/g.

Supplemental Figure 1. PCA scoreplot of blood serum baseline samples collected from the GDL and the probiotic milk product treated patient groups before the intervention period. (A) GDL milk treated patient group ($n = 29$). $R^2X(1)^a = 0.589$, $R^2X(2) = 0.149$ and $Q^2(\text{cum}) = 0.819$. (B) Probiotic milk treated patient group ($n = 30$). $R^2X(1) = 0.611$, $R^2X(2) = 0.197$ and $Q^2(\text{cum}) = 0.928$.



Supplemental Figure 2. PCA scoreplot of blood serum post treatment samples collected from the GDL and the probiotic milk product treated patient groups after an 8 wk intervention period. (A) GDL milk product treated patients ($n = 29$). $R^2X(1) = 0.592$, $R^2X(2) = 0.183$ and $Q^2(\text{cum}) = 0.923$. (B) Probiotic milk treated patient group ($n = 30$). $R^2X(1) = 0.638$, $R^2X(2) = 0.171$ and $Q^2(\text{cum}) = 0.925$.



Supplemental Figure 3. OPLS-DA score plots of GDL and probiotic milk product treated patient blood serum samples. (A) OPLS-DA scoreplot of GDL milk patient group baseline and post treatment samples ($n = 58$). $R^2X(\text{cum}) = 0.821$ and $Q^2(\text{cum}) = 0.841$. (B) OPLS-DA scoreplot of probiotic milk patient group baseline and post treatment samples ($n = 60$). $R^2X(\text{cum}) = 0.833$ and $Q^2(\text{cum}) = 0.848$.

