

## Supplementary

**Table S1. Microplastic concentration found in participants' stool samples.**

Participant	HDPE	LDPE	PE	PP	PS	PET
H1	nd	nd	nd	nd	nd	6,94 ± 2,56
H2	nd	nd	nd	3,95 ± 2,05	4,82 ± 1,41	nd
H3	13,77 ± 5,71	nd	nd	nd	2,65 ± 1,28	nd
H4	0,52 ± 0,17	nd	nd	7,86 ± 1,28	nd	nd
H5	nd	nd	nd	nd	nd	nd
H6	nd	nd	nd	nd	nd	nd
H7	nd	nd	nd	12,40 ± 3,44	nd	nd
H8	nd	nd	nd	16,55 ± 5,96	nd	nd
H9	nd	nd	nd	nd	nd	nd
H10	nd	nd	nd	nd	nd	nd
H11	15,62 ± 2,78	nd	nd	nd	nd	nd
<b>Average</b>	9,97	-	-	10,19	3,735	6,94
<b>Prevalence</b>	0,273	0	0	0,364	0,273	0,091

nd: not detected