

Table S1–S4.

Table S1. Incidence and degree of typical subjective symptoms during influenza infection ¹.

Typical symptoms		KB290+ β C (n = 31)	Placebo (n = 36)	p-value
Incidence	Sore throat	26/5	32/4	0.72
	Headache	29/2	33/3	1.0
	Cough	31/0	34/2	0.50
	Abdominal pain	11/20	8/28	0.23
Degree	Sore throat	1.38 \pm 0.41	1.28 \pm 0.33	0.43
	Headache	1.57 \pm 0.49	1.47 \pm 0.40	0.47
	Cough	1.42 \pm 0.45	1.30 \pm 0.30	0.33
	Abdominal pain	1.11 \pm 0.19	1.29 \pm 0.70	1.0

¹ Values in "Incidence" are expressed as yes/no numbers of subjects. Values in "Degree" are expressed as average scores (mean \pm SD).

Table S2. Incidence and degree of typical subjective symptoms during fever ¹.

Typical symptoms		KB290+βC (n = 111)	Placebo (n = 109)	<i>p</i> -value
Incidence	Sore throat	69/42	74/35	0.37
	Headache	81/30	83/26	0.59
	Cough	75/36	67/42	0.34
	Abdominal pain	34/77	31/78	0.72
Degree	Sore throat	1.70 ± 0.73	1.61 ± 0.68	0.53
	Headache	1.55 ± 0.67	1.63 ± 0.63	0.29
	Cough	1.51 ± 0.57	1.45 ± 0.54	0.49
	Abdominal pain	1.40 ± 0.65	1.40 ± 0.66	0.87

¹ Values in "Incidence" are expressed as yes/no numbers of subjects. Values in "Degree" are expressed as average scores (mean ± SD).

Table S3. Duration until body temperature returned to normal and maximum body temperature during influenza infection ¹.

	KB290+βC (n = 31)	Placebo (n = 36)	<i>p</i>-value
Duration until body temperature returned to normal	2.0 ± 0.9	2.0 ± 1.1	0.94
Maximum body temperature	38.72 ± 0.64	38.61 ± 0.76	0.84

¹ Values in “Duration until body temperature returned to normal” are expressed as average days (mean ± SD). Values in “Maximum body temperature” are expressed as average maximum body temperatures (mean ± SD).

Supplementary Table S4. Maximum body temperature during fever ¹.

	KB290+βC (n = 111)	Placebo (n = 109)	<i>p</i>-value
Maximum body temperature	38.22 ± 0.67	38.29 ± 0.66	0.26

¹ Values in “Maximum body temperature” are expressed as average maximum body temperatures (mean ± SD).