

**Table S3.** Results of the AIRg trials and DI (surrogate marker).

	AIRg		DI	
	Baseline	End of intervention	Baseline	End of intervention
<b>Osterberg, 2015</b>	VSL#3 probiotic= 481±102 [(mU L <sup>-1</sup> ) 10 min <sup>-1</sup> ] (SE)	VSL#3 probiotic= 523±90[(mU L <sup>-1</sup> ) 10 min <sup>-1</sup> ] (SE), PC= 8.73%	VSL#3 probiotic=2160±293 (x10 <sup>-4</sup> /min) (SE)	VSL#3 probiotic=2718±471 (x10 <sup>-4</sup> /min) (SE), PC= 25.83%
<b>Giacco, 2013</b>	Whole grain=61.4±8.4 (μU/ml) (SE)	Whole grain= 60.0±7.8 (μU/ml) (SE), PC= -2.28%	Whole grain= 140±17(x10 <sup>-4</sup> /min) (SE)	Whole grain=144±17(x10 <sup>-4</sup> /min) (SE), PC= 2.85%
<b>Kien, 2013</b>	Men HPA= 227.9±36.7 (min/mU/mL) (SE),	Men HOA= 250.3 ±41.6 (min/mU/mL) (SE), PC= 9.83%	Men HPA=1089.1±139.7 (x10 <sup>-4</sup> /min) (SE)	Men HOA=1071.1±143.8 (x10 <sup>-4</sup> /min) (SE), PC= -1.65%
	Women HPA=330.8±53.4 (min/mU/mL) (SE)	Women HOA= 325.5±68.3(min/mU/mL) (SE), PC= 1.6%	Women HPA=1137±198 (x10 <sup>-4</sup> /min) (SE)**	Women HOA= 1661±324(x10 <sup>-4</sup> /min) (SE), PC= 46.08%
<b>Douglas, 2006</b>		MUFA= 1325.8±890.6(uIU/mLx10 minutes) (SD)**, PC=7.38%		MUFA= 1544.2±858.1 (x10 <sup>-4</sup> /min) (SD), PC= 9.81%
	Baseline=1234.7±1036.4 (uIU/mLx10 minutes) (SD)	LOW CHO= 1045.6±876.8(uIU/mLx10 minutes) (SD)**, PC= -15.32%	Baseline=1406.4±869.8 (x10 <sup>-4</sup> /min) (SD)	LOW CHO= 1516.4±1987.5 (x10 <sup>-4</sup> /min) (SD), PC= 7.82%
		STD= 1096.4±781.3(uIU/mLx10 minutes) (SD), PC= -11.2%		STD= 1412.3±939.4 (x10 <sup>-4</sup> /min) (SD), PC= 0.42%
<b>Davis, 2009</b>	N= 1160.4±869.9 μU mL <sup>-1</sup> × 10 min (SD),	N= 1222.8±994.2 μU mL <sup>-1</sup> × 10 min (SD), PC= 5.38%	N= 1297.1±596.7 (x10 <sup>-4</sup> /min) (SD)	N= 1723±898.3 (x10 <sup>-4</sup> /min) (SD), PC= 32.84
	NS= 1530.0±870.4 μU mL <sup>-1</sup> × 10 min (SD)	NS= 1607.0±959.2 μU mL <sup>-1</sup> × 10 min (SD), PC= 5.03%	NS= 1832.6±808.8 (x10 <sup>-4</sup> /min) (SD)	NS= 2002.9±994.3 (x10 <sup>-4</sup> /min) (SD), PC=9.27%

\*\*p≤0.05. SD= Standard deviation, SE= Standard error of the mean, PC= Proportional change between baseline and intervention %, AIRg= Acute Insulin Response to glucose, DI= disposition index.