

Supplemental Table S2 Adverse events. Total counts, details, and follow up information^a

Phase (n) [statistical significance] ^b	Serious/ Non-serious (n)	Possibly intervention related [statistical significance]	Details (n) [statistical significance]	Withdrawals	Recovered
Psyllium Intervention (22) [P=0.0468]	non-serious (22)	18 [P=0.0155]	Cramping (3)	1	19 Unknown 3 ^c
			Constipation (3)		
			Struggle to swallow (3)		
			Rhinovirus (2)		
			Excessive thirst (1)		
			Bloating (5)		
			Abdominal discomfort (2)		
			Viral gastroenteritis (1)		
			Belching (1)		
			Migraine (1)		
			Erratic bowel motions (1)		
			Diarrhea (1)		
			Allergic Rash (1)		
			Rhinovirus (1)		
Kiwifruit Intervention (11) [P=0.0468]	non-serious (10) serious (1)	7 [P=0.0155]	Post-Surgical Bacterial Infection of the Knee (1)	2	11
			Viral Gastroenteritis (1)		
			Bloating (2)		
			Diarrhea (2)		
			Constipation (1)		
			Heart burn (1)		
			Anxiety due to probiotic withdrawal (1)		
			Rhinovirus (3)		
			Bacterial Infections and Antibiotics (1)		
			Viral Gastroenteritis (1)		
Wash-out (6) Lead in (6) Follow up (3)	non-serious (10)	2	Aspirin Gastritis (1)	0	10
			Urine tract infection (1)		
			Internal Hemorrhoid (1)		
			Passing a blood clot (1)		
			Knee sprain (1)		

^a Values are presented as total counts. Multiple adverse events per person recorded.

^b Unpaired t-test, n=73

^c Participant ignored attempts for follow up and was ultimately withdrawn.