

Table S1. Summary of prebiotics, probiotics, and synbiotics shown to be effective for gastrointestinal (GI) conditions*

		Infectious diarrhea	Antibiotic-associated diarrhea	Clostridioides difficile infection	Radiation-induced diarrhea	Constipation	Irritable Bowel Syndrome	Small Intestinal Bacterial Overgrowth	Ulcerative Colitis	Pouchitis	Celiac Disease	Helicobacter pylori infection
Prebiotics	Inulin				X	X						
	FOS (includes 1-kestose)						X	X				
	GOS (includes Deshpu stachyose granules)				X	X						
	Germinated barley foodstuff							X				
	Plantago ovata seeds							X				
Probiotics	<i>Saccharomyces</i> spp.											
	<i>S. boulardii</i> (includes strain CNCM I-745)	X	X	X			X					X
	<i>Lactobacillus</i> spp.											
	<i>L. acidophilus</i>				X							X
	<i>L. reuteri</i>	X										
	<i>L. casei</i> (includes strain DN 114001)		X				X					
	<i>L. rhamnosus</i> GG	X	X		X							
	<i>L. plantarium</i>					X						
	<i>Bifidobacterium</i> spp.											
	<i>B. lactis</i>	X			X							
	<i>B. infantis</i>									X		
	<i>Streptococcus</i> spp.											
	<i>S. faecium</i>					X						
	<i>Escherichia</i> spp.											
	<i>E. coli</i> DSM 17252					X						
	Multi-strain formulations											
	VSL#3®				X			X	X			
	<i>L. acidophilus</i> + <i>B. bifidum</i>				X							
	<i>L. acidophilus</i> LAC-361 + <i>B. longum</i> BB-536				X							
	<i>L. acidophilus</i> CL1285 + <i>L. casei</i> LBC80R			X								
	<i>L. plantarum</i> LRCC5193 + <i>S. thermophilus</i> MG510					X						
	<i>E. faecalis</i> + <i>B. longum</i>						X					
	<i>Lactobacillus</i> spp + <i>Bifidobacterium</i> spp + <i>Saccharomyces</i> spp	X										
	<i>Bacillus</i> spp + <i>Enterococcus</i> spp + <i>Clostridium</i> spp	X										
	<i>L. acidophilus</i> + <i>B. longum</i> + <i>Enterococcus faecalis</i>						X					
	<i>L. acidophilus</i> + <i>L. bulgaricus</i> + <i>B. bifidum</i>			X								
	<i>L. acidophilus</i> + <i>B. bifidum</i> + <i>L. rhamnosus</i>					X						
	<i>L. acidophilus</i> LA-5 + <i>L. plantarum</i> + <i>B. lactis</i> BB-12 + <i>S. boulardii</i>											X
	<i>L. acidophilus</i> Rosell-52 + <i>L. acidophilus</i> Rosell-11 + <i>B. infantis</i> Rosell-1755 + <i>S. boulardii</i>											X
	<i>L. acidophilus</i> + <i>L. bulgaricus</i> + <i>B. bifidum</i> + <i>S. thermophilus</i>			X								
	<i>L. acidophilus</i> LA3 + <i>L. casei</i> BGP93 + <i>B. lactis</i> BLC1					X						
	<i>L. casei</i> , <i>L. plantarum</i> , <i>B. lactis</i> , <i>B. breve</i> Bbr8, and <i>B. breve</i> B110									X		
	<i>L. acidophilus</i> + <i>L. rhamnosus</i> + <i>B. longum</i> + <i>B. bifidum</i> + <i>B. lactis</i> + <i>S. thermophilus</i>					X						
	<i>L. acidophilus</i> + <i>L. rhamnosus</i> + <i>L. paracasei</i> + <i>L. casei</i> + <i>B. bifidum</i> + <i>B. longum</i> + <i>B. lactis</i> + <i>B. animalis</i>				X							
Synbiotics	Lactulose + <i>L. acidophilus</i>			X								
	FOS + <i>Bacillus coagulans</i>						X					
	scFOS + <i>B. longum</i> W11					X						
	Psyllium + <i>B. longum</i>							X				
	Acacia dietary fibre + <i>B. lactis</i> BB-12 + <i>S. thermophilus</i> + <i>L. acidophilus</i>					X						
	Pectin + GOS + <i>L. acidophilus</i> LA-5 + <i>B. lactis</i> BB-12 + <i>L. bulgaricus</i> + <i>S. thermophilus</i>											X
	FOS + GOS + <i>L. casei</i> + <i>L. rhamnosus</i> + <i>L. plantarum</i> + <i>B. lactis</i>				X							

*Not an exhaustive list of prebiotics or probiotics studied for GI conditions

Abbreviations: FOS, fructooligosaccharide; scFOS, short-chain fructooligosaccharide; GOS, galactooligosaccharide