

Table S1. The value of major genous after *in vitro* simulations

Samples	Prokaryote	Enterobacteriaceae	Firmicutes	Lactobacillus	Actinomyces	Bacteroides
Control - untreated microbiota	8.10±0.01	4.97±0.12 ^b	7.82±0.05	7.39±0.04	3.74±0.04	3.00±0.42
Control - arabic gum	8.10±0.05	2.74±0.25 ^b	7.48±0.05 ^b	7.74±0.07 ^b	2.15±0.31 ^a	1.86±0.04 ^a
P1 - ColonX	8.10±0.23	4.96±0.49	7.61±0.006 ^a	7.98±0.006 ^c	2.53±0.05 ^b	3.14±0.04
P2 - CARDIO	8.10±0.04 ^a	3.32±0.08 ^b	7.41±0.004 ^b	7.46±0.01	1.51±0.04 ^c	2.40±0.04
P3 - GLYCEMIC	8.03±0.06	4.90±0.07	7.49±0.08 ^a	7.80±0.03 ^c	2.99±0.06 ^c	3.76±0.02