

Stool consistency according to Bristol Scale	Time	Placebo	$\beta$ -glucan	p
Hard stools (Score 1+2)	Week 1	1 [0 - 3]	0 [0 - 1]	NS
	Week 2	0 [0 - 4]	0 [0 - 2]	
	Week 3	0 [0 - 3]	0 [0 - 3]	
Normal stools (Score 3+4+5)	Week 1	6 [4 - 8]	7 [4 - 10]	NS
	Week 2	6 [5 - 8]	7 [4 - 10]	
	Week 3	7 [4 - 9]	7 [5 - 9]	
Watery stools (Score 6+7)	Week 1	0 [0 - 1]	0 [0 - 1]	NS
	Week 2	0 [0 - 1]	0 [0 - 1]	
	Week 3	0 [0 - 1]	0 [0 - 0]	

**Table S3:** Weekly frequency of stools according to their consistency (based on the Bristol Scales) in the subjects from the Placebo and  $\beta$ -glucan group during the study (Median [IQR]).