Table S1.

Table S1. Absolute and relative organ and tissue weights after 12 weeks of live or heat-treated Lacticaseibacillus paracasei NB23 supplementation in young and naturally aged mice.

Characteristic	YC	AC	L1	L3	HT3
Liver (g)	1.35±0.12^{a}	1.73±0.12^{c}	1.67±0.09^{bc}	1.64±0.12^{bc}	1.62±0.09^{b}
Kidney (g)	0.37±0.04^{a}	0.43±0.05^{b}	0.43±0.03^{b}	0.43±0.03^{b}	0.44±0.03^{b}
Heart (g)	0.20±0.03^{a}	0.22±0.04^{ab}	0.25±0.06^{b}	0.22±0.03^{ab}	0.24±0.03^{b}
Lung (g)	0.25±0.04^{ab}	0.28±0.04^{b}	0.27±0.04^{ab}	0.28±0.04^{b}	0.24±0.02^{a}
GA	0.36±0.03^{b}	0.33±0.03^{a}	0.32±0.02^{a}	0.34±0.02^{ab}	0.35±0.03^{ab}
TA	0.12±0.02^{a}	0.14±0.03^{ab}	0.14±0.02^{b}	0.14±0.03^{a}	0.13±0.04^{a}
EFP (g)	0.06±0.02^{a}	0.07±0.02^{a}	0.08±0.01^{a}	0.07±0.02^{a}	0.09±0.02^{b}
BAT (g)	0.40±0.20^{a}	0.98±0.25^{b}	0.98±0.24^{b}	0.94±0.24^{b}	1.03±0.53^{b}
Brain(g)	0.43±0.03^{a}	0.44±0.03^{a}	0.44±0.03^{a}	0.44±0.02^{a}	0.45±0.03^{a}
Relative liver weight (%)	4.42±0.4^{a}	4.84±0.21^{b}	4.59±0.3^{ab}	4.56±0.18^{a}	4.49±0.39^{a}
Relative kidney weight (%)	1.20±0.10^{a}	1.21±0.13^{a}	1.17±0.10^{a}	1.19±0.06^{a}	1.21±0.12^{a}
Relative heart weight (%)	0.65±0.12^{a}	0.62±0.12^{a}	0.69±0.16^{a}	0.61±0.08^{a}	0.67±0.09^{a}
Relative lung weight (%)	0.83±0.12^{a}	0.79±0.13^{a}	0.74±0.1^{ab}	0.79±0.11^{a}	0.66±0.06^{b}
Relative GA weight (%)	1.19±0.10^{b}	0.92±0.08^{a}	0.89±0.08^{a}	0.94±0.06^{a}	0.96±0.11^{a}
Relative TA weight (%)	0.38±0.08^{a}	0.39±0.10^{a}	0.39±0.07^{a}	0.38±0.08^{a}	0.37±0.09^{a}
Relative EFP weight (%)	0.21±0.08^{a}	0.20±0.06^{a}	0.21±0.02^{ab}	0.19±0.05^{a}	0.26±0.06^{b}
Relative BAT weight (%)	1.29±0.63^{a}	2.73±0.63^{b}	2.67±0.63^{b}	2.59±0.57^{b}	2.83±1.45^{b}
Relative Brain weight (%)	1.40±0.11^{b}	1.24±0.14^{a}	1.2±0.08^{a}	1.23±0.11^{a}	1.24±0.11^{a}

Data are presented as the mean ± SD (n = 10 mice/group). Statistical comparisons were performed using one-way ANOVA followed by Duncan's multiple-range test. Values within a row that do not share a superscript letter differ significantly ($p < 0.05$). Relative weight was calculated as tissue weight divided by terminal body weight × 100. YC, young control; AC, aged control; L1 and L3, aged mice receiving live NB23 at the 1× and 3× doses, respectively; HT3, aged mice receiving heat-treated NB23 at the 3× dose; GA, gastrocnemius muscle; TA, tibialis anterior muscle; EFP, epididymal fat pad; BAT, brown adipose tissue.