

Microorganisms Supplementary Materials for:

**Different impacts of heat-killed and viable
Lactiplantibacillus plantarum TWK10 on exercise
performance, fatigue, body composition, and gut
microbiota in humans**

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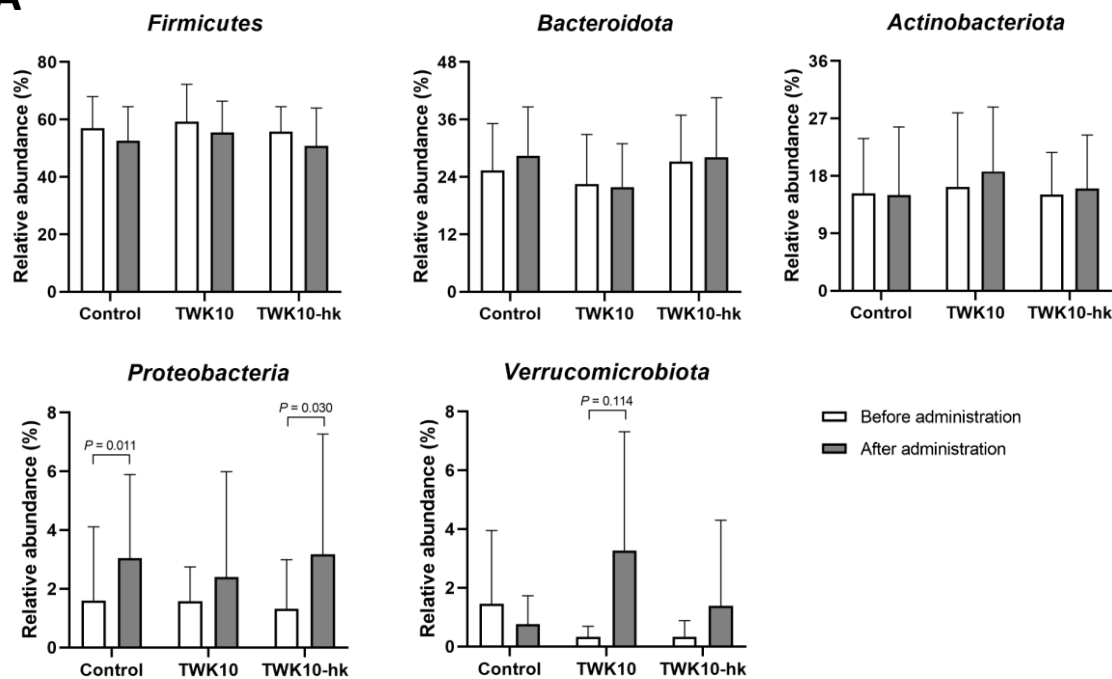
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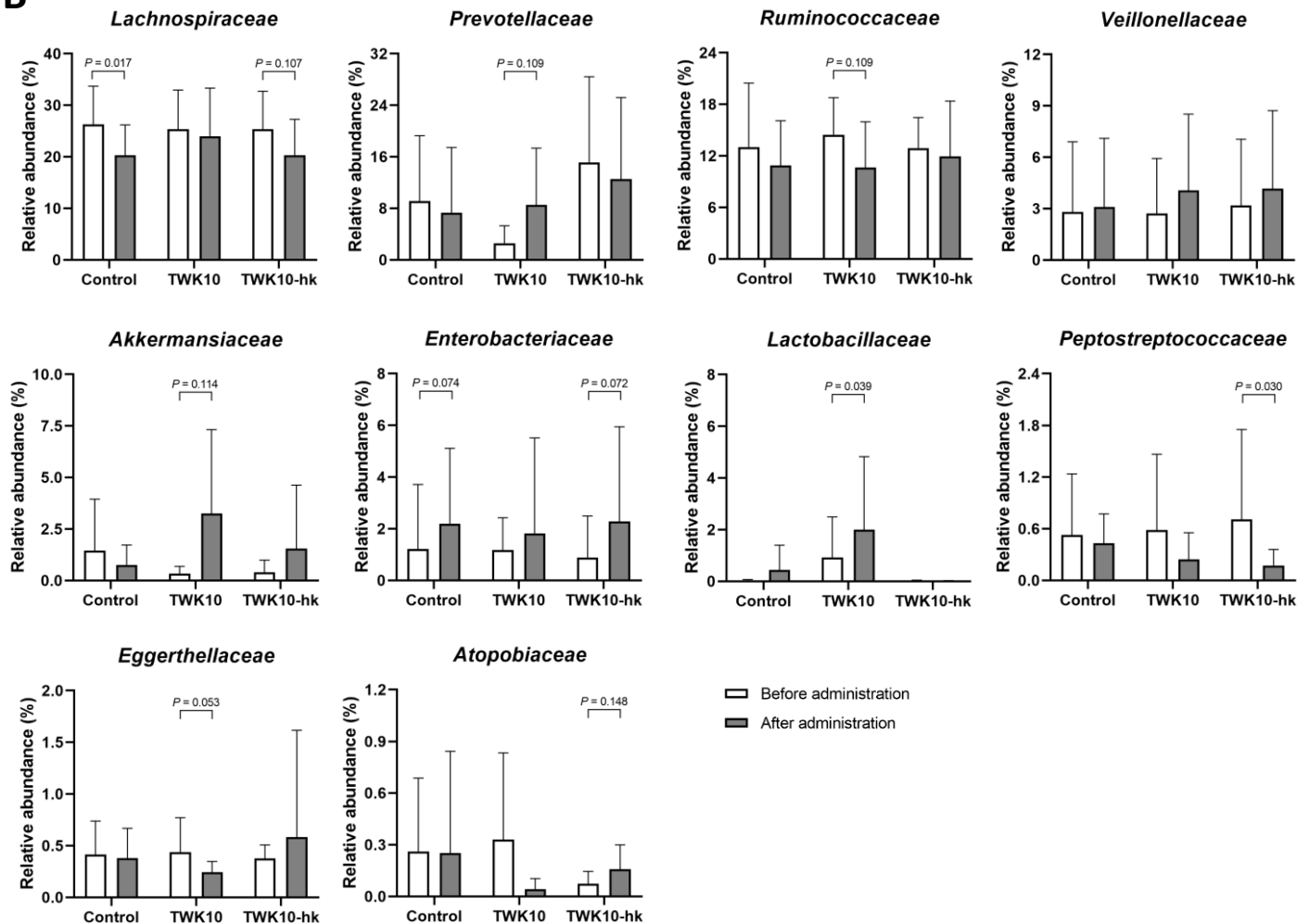


Figure S1. Relative abundances of the major gut microbiota among groups. Columns show the relative abundances of bacterial taxa at the (A) phylum and (B) family level in the Control, TWK10, and TWK10-hk groups compared with their baselines. Data shown as mean \pm SD. Statistical differences between before and after administration were analyzed by Mann-Whitney U test.

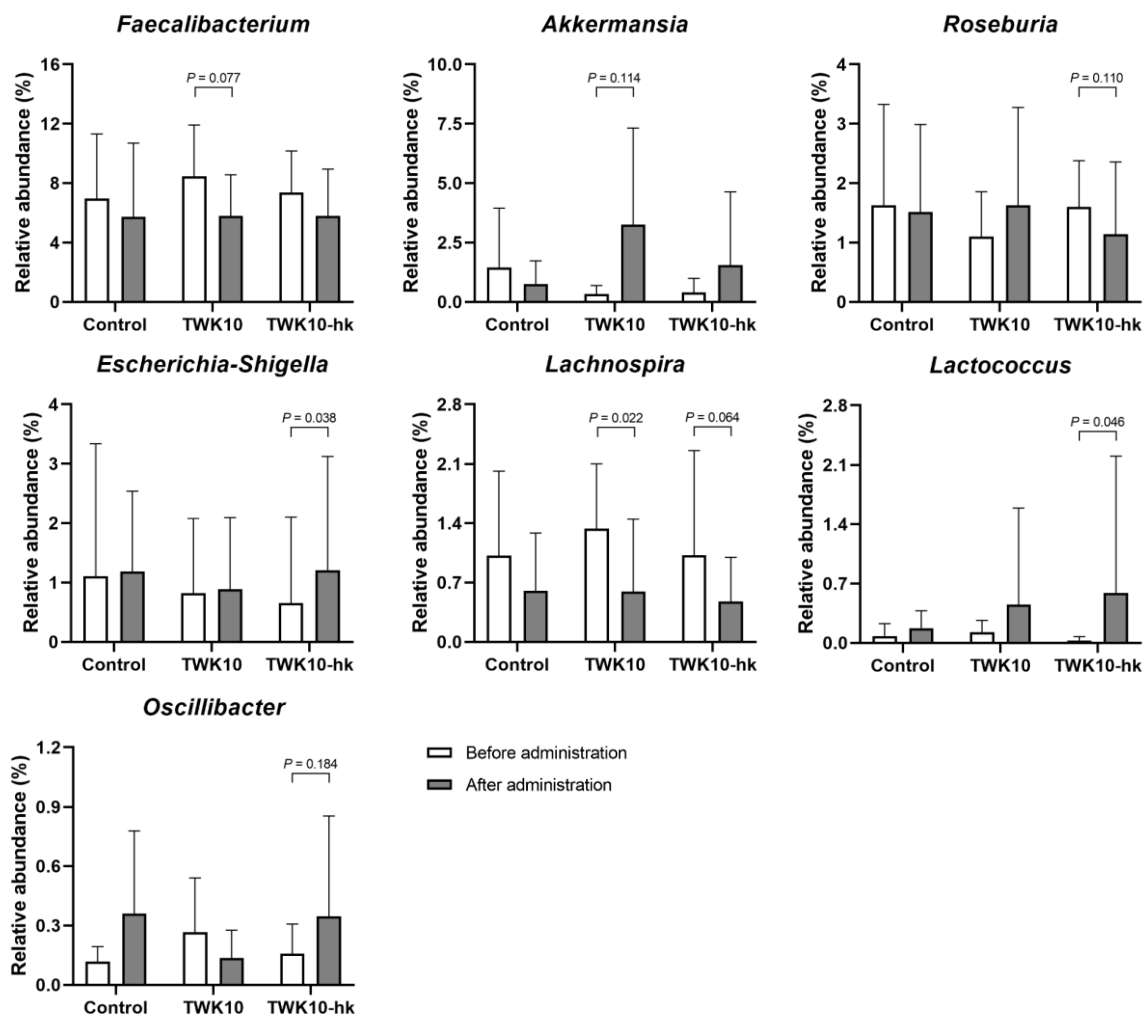


Figure S2. Relative abundances of the major gut microbiota among groups. Columns show the relative abundances of bacterial taxa at the genus level in the Control, TWK10, and TWK10-hk groups compared with their baselines. Data shown as mean \pm SD. Statistical differences between before and after administration were analyzed by Mann-Whitney *U* test.