# Supplementary Material

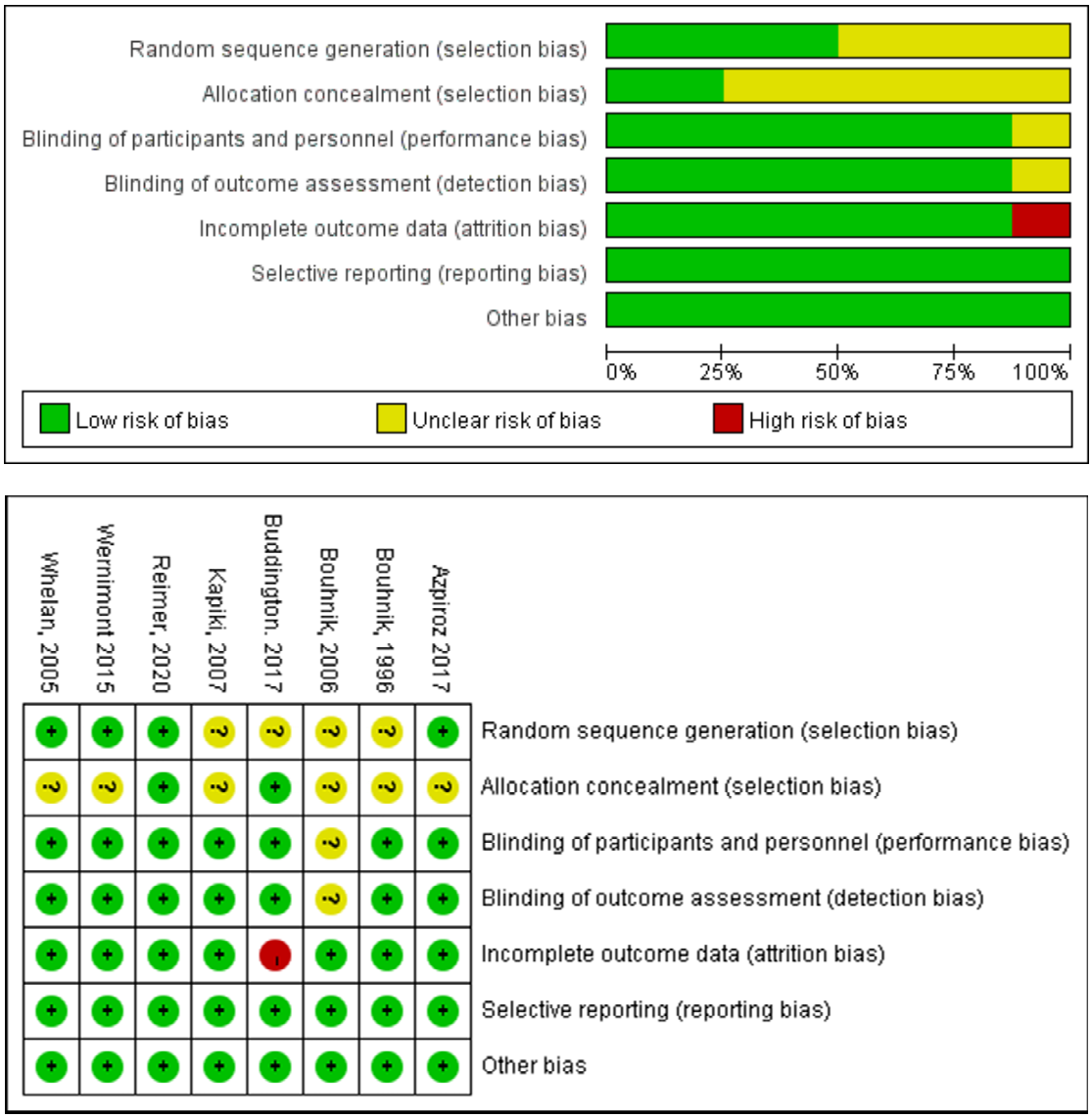



**Figure S1. Risk of bias assessment for literatures included in this meta-analysis**

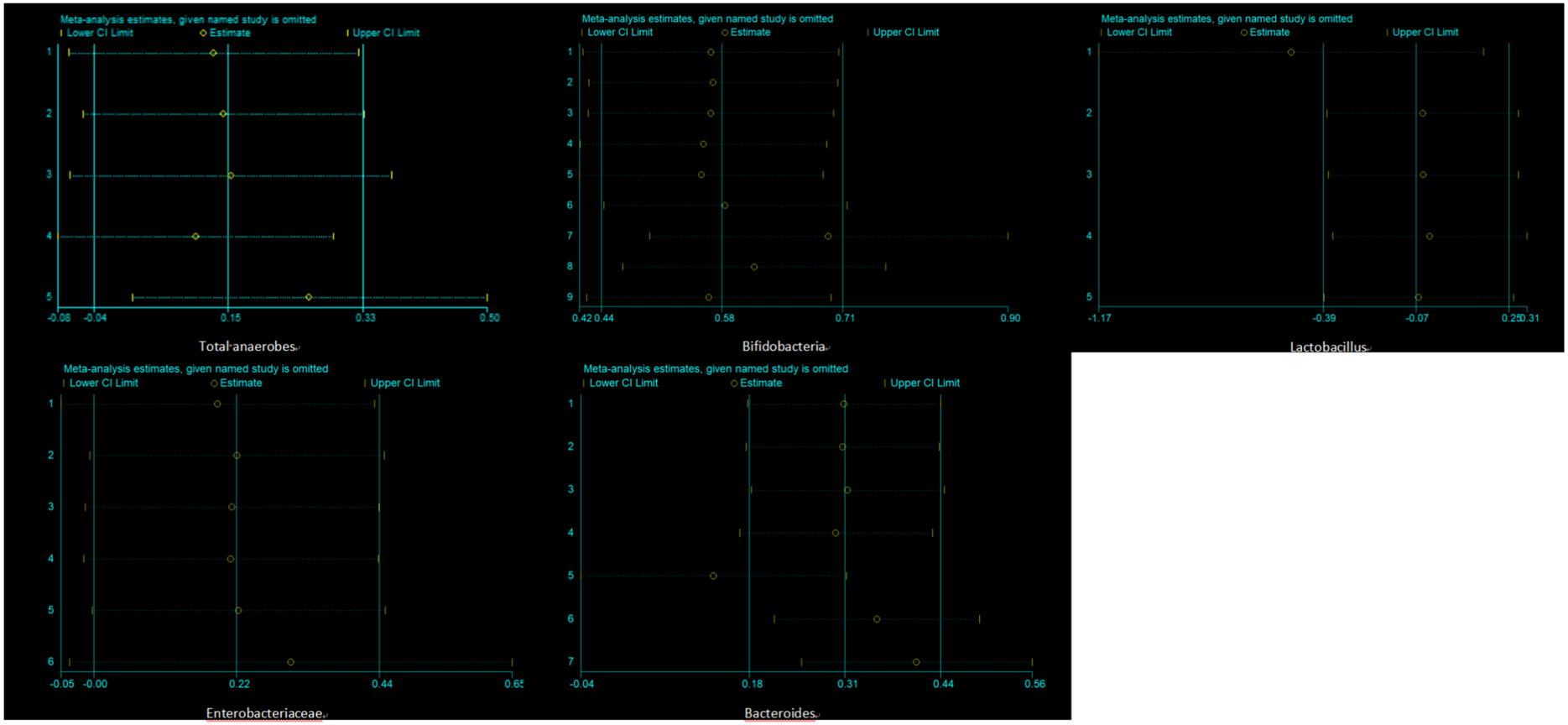



**Figure S2. Sensitivity analysis results for the changes in intestinal flora.**

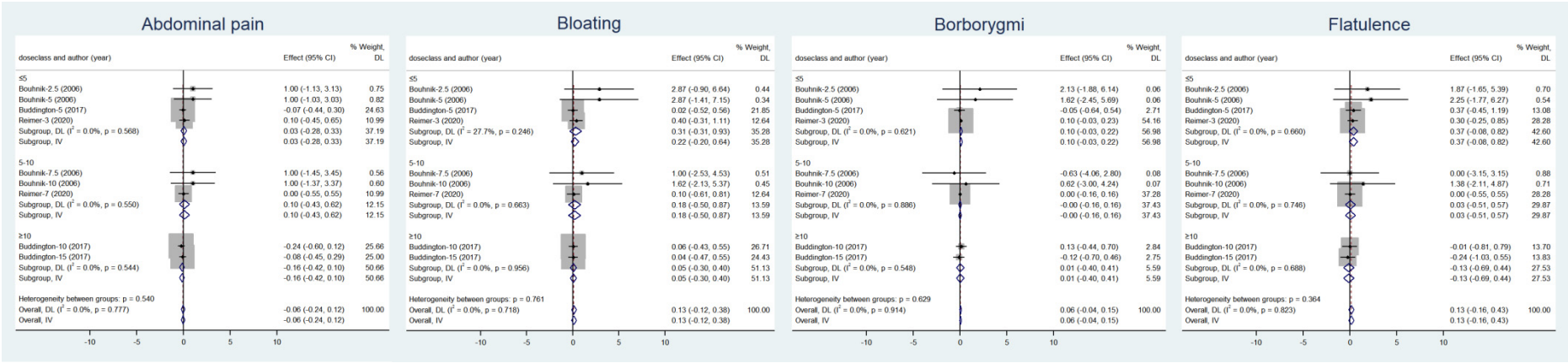



**Figure S3. Subgroup analysis of adverse gastrointestinal reactions**

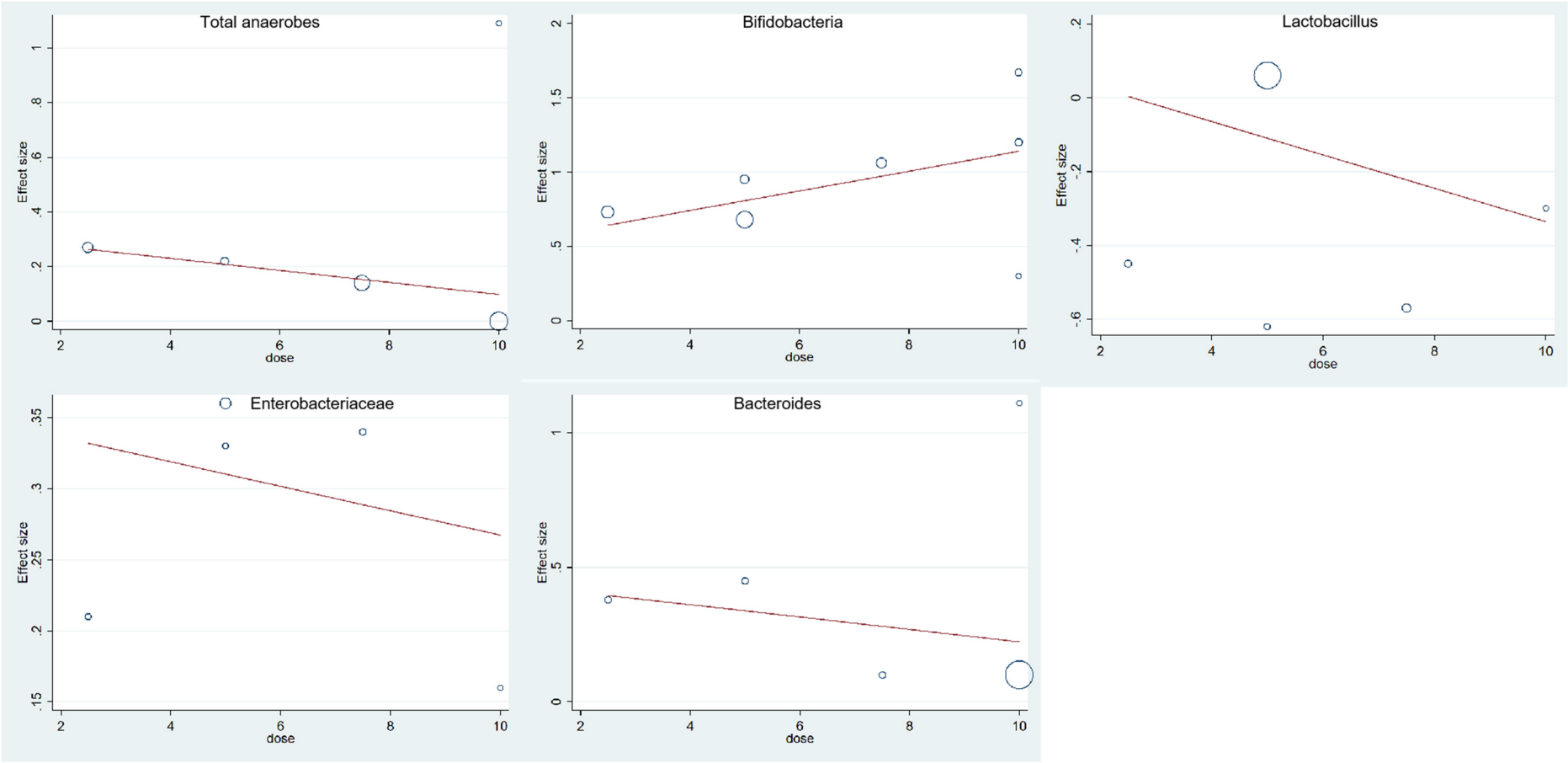



**Figure S4. Meta-regression analysis of the relationship between the supplement dose and the changes in intestinal flora.**

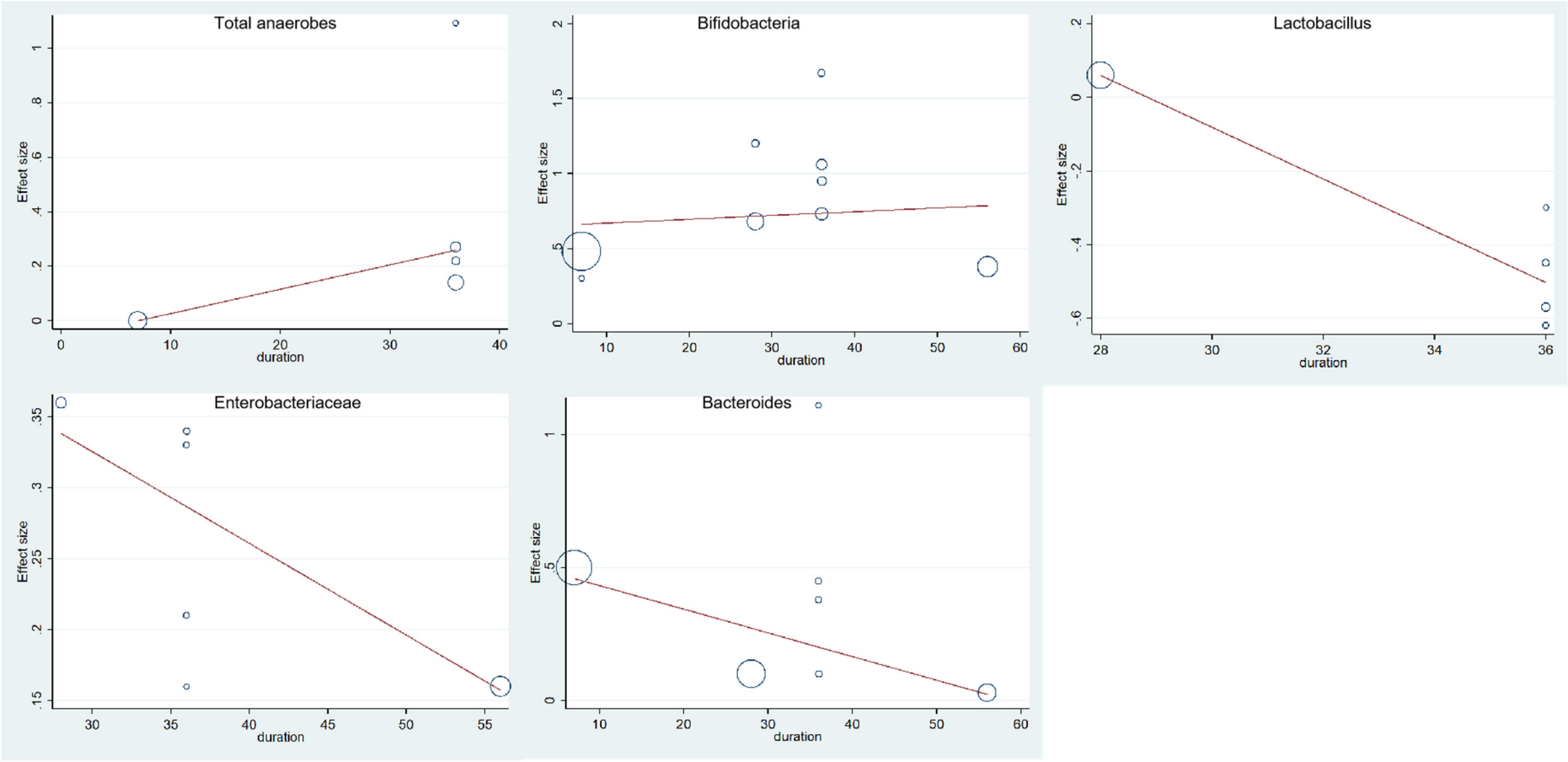



**Figure S5. Meta-regression analysis of the relationship between the supplement duration and the changes in intestinal flora.**

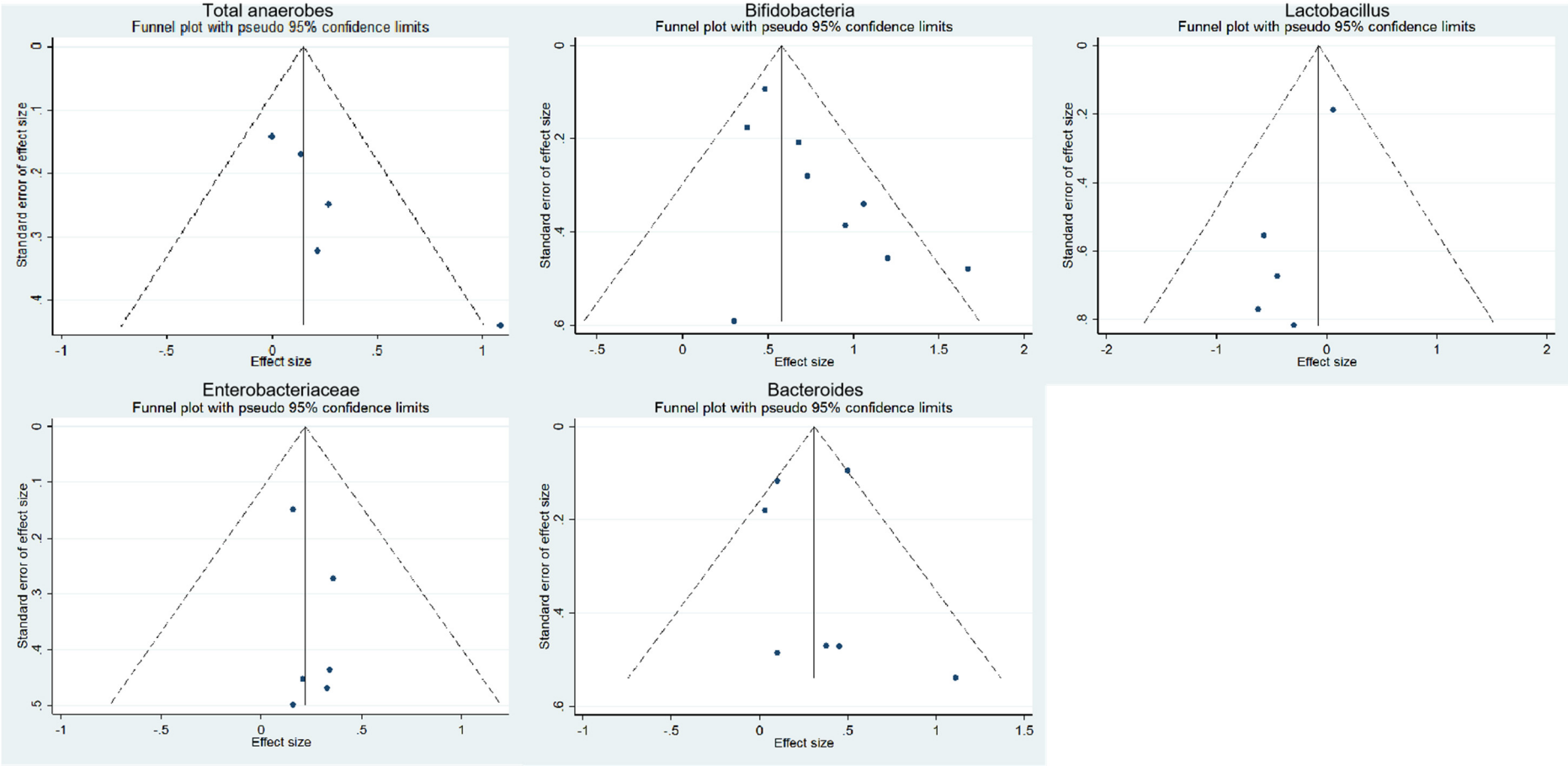



**Figure S6. Funnel plots for the changes in intestinal flora.**