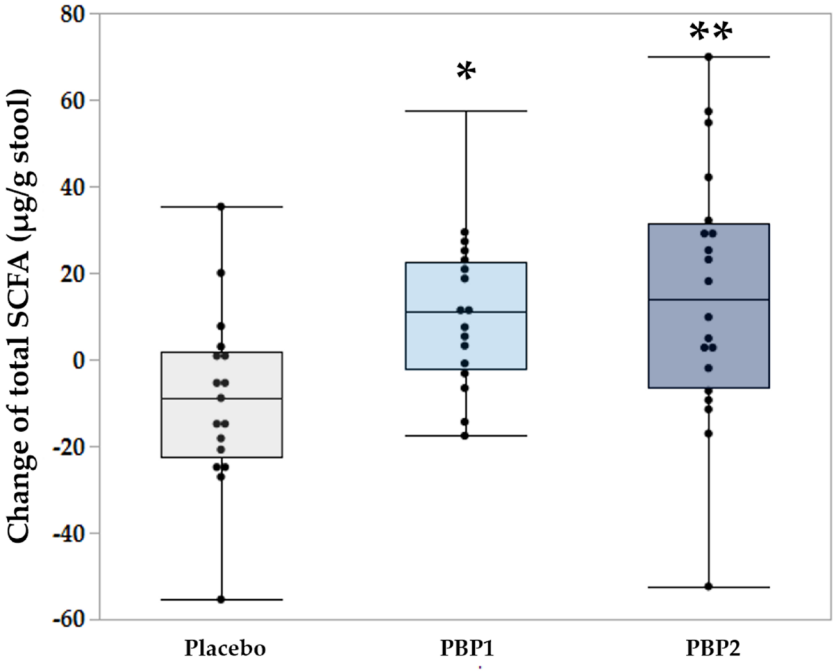

Supplementary Figure 1. Individual changes in short-chain fatty acid (SCFA) levels following PBP1 and PBP2 supplementation. Boxplots with individual data points represent changes from baseline to Week 8 in total SCFA levels in the placebo, PBP1, and PBP2 groups. Box plots display median and interquartile range, with individual data points overlaid. Significant increases in total SCFA levels were observed in the PBP1 and PBP2 groups compared with the placebo group. * $p < 0.05$, ** $p < 0.01$ vs. placebo.