



**Supplementary Fig. 2.** Flowchart showing the participants included in the study. In all, 107 subjects were screened for eligibility, and eight were excluded from randomization process. The remaining 99 subjects were randomized into LMT1-48 (50 subjects) and placebo (49 subjects) treatment groups. Four subjects from the LMT1-48 group and 10 from the placebo group dropped out because of missing efficacy and safety assessments. Finally, 46 subjects in the LMT1-48 group and 39 subjects in the placebo group were included in the analysis. LMT1-48, *Lactobacillus plantarum* LMT1-48.