Supplementary Table 1. Summary of adverse events

Item	Placebo (*n*=49)	LMT1-48 (*n*=50)	Total (*n*=99)	*P* value
Total adverse events	2 (4.1) [4]	6 (12.0) [10]	8 (8.08) [14]	0.148
Gastrointestinal disorders	2 (4.1) [2]	4 (8.0) [6]	6 (6.1) [8]	0.678
Skin tissue disorders	0 (0.0) [0]	2 (4.0) [2]	2 (2.0) [2]	0.495
Eye disorders	0 (0.0) [0]	1 (2.0) [1]	1 (1.0) [1]	1.000
Psychiatric disorders	0 (0.0) [0]	1 (2.0) [1]	1 (1.0) [1]	1.000
Cardiac disorders	1 (2.0) [1]	0 (0.0) [0]	1 (1.0) [1]	1.000
General weakness	1 (2.0) [1]	0 (0.0) [0]	1 (1.0) [1]	1.000
Serious adverse events	0 (0.0) [0]	0 (0.0) [0]	0 (0.0) [0]	-

Values are presented as subject number (%) [case]. Differences between the two groups were evaluated using chi-square or Fisher's exact tests. LMT1-48, *Lactobacillus plantarum* LMT1-48.