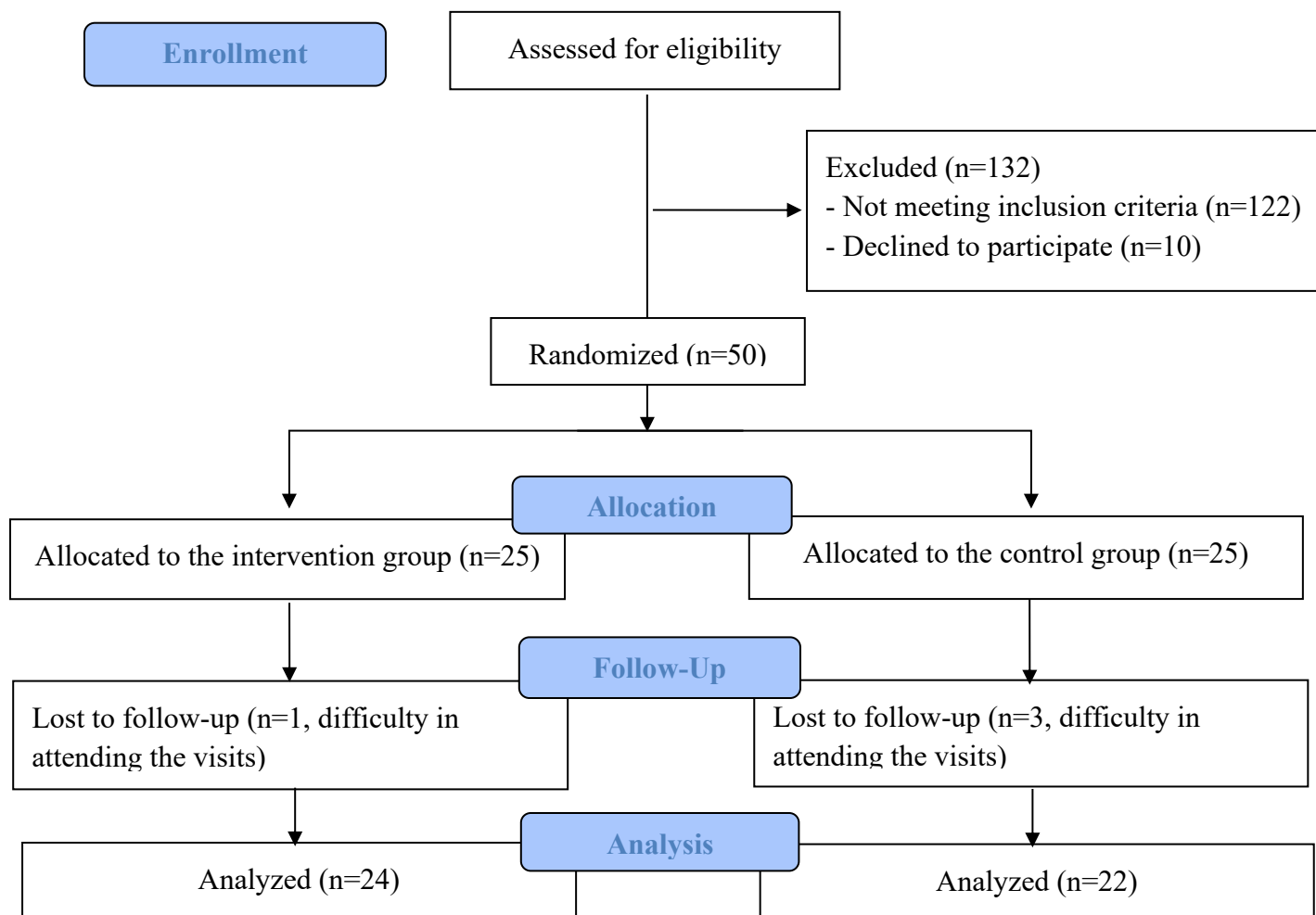
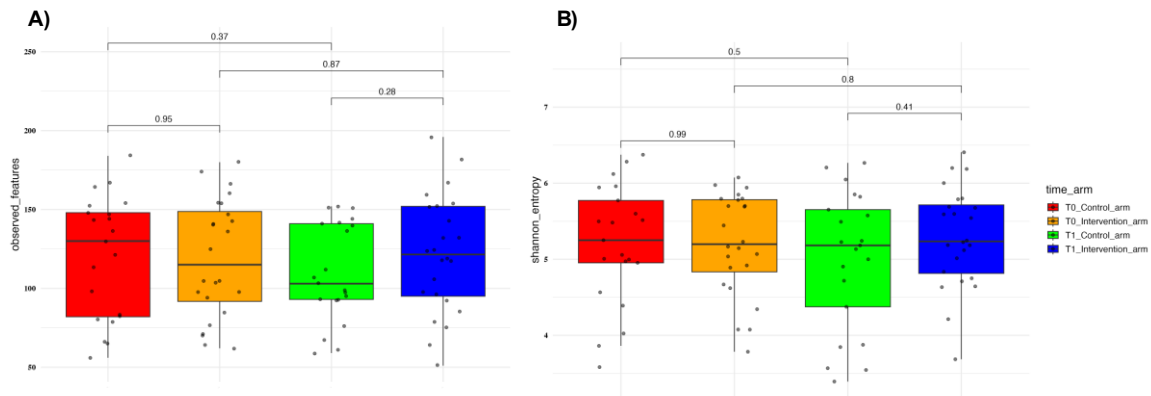


Component / Ingredient	Experimental Yogurt	Placebo Yogurt
Milk	Semi-skimmed	Semi-skimmed
Retentate	Included	Included
Starter Cultures	Yoflex YF-L02 DA (<i>Bifidobacterium spp.</i> <i>L. acidophilus</i>)	Yoflex YF-L02 DA (<i>Bifidobacterium spp.</i> <i>L. acidophilus</i>)
Lactoferrin (mg)	100	Absent
Total fats (%)	2.09	2.09
Total carbohydrates (%)	5.40	5.40
Total proteins (%)	9.82	9.82

Supplementary Table 1. Composition of the yogurts (per 125 g).



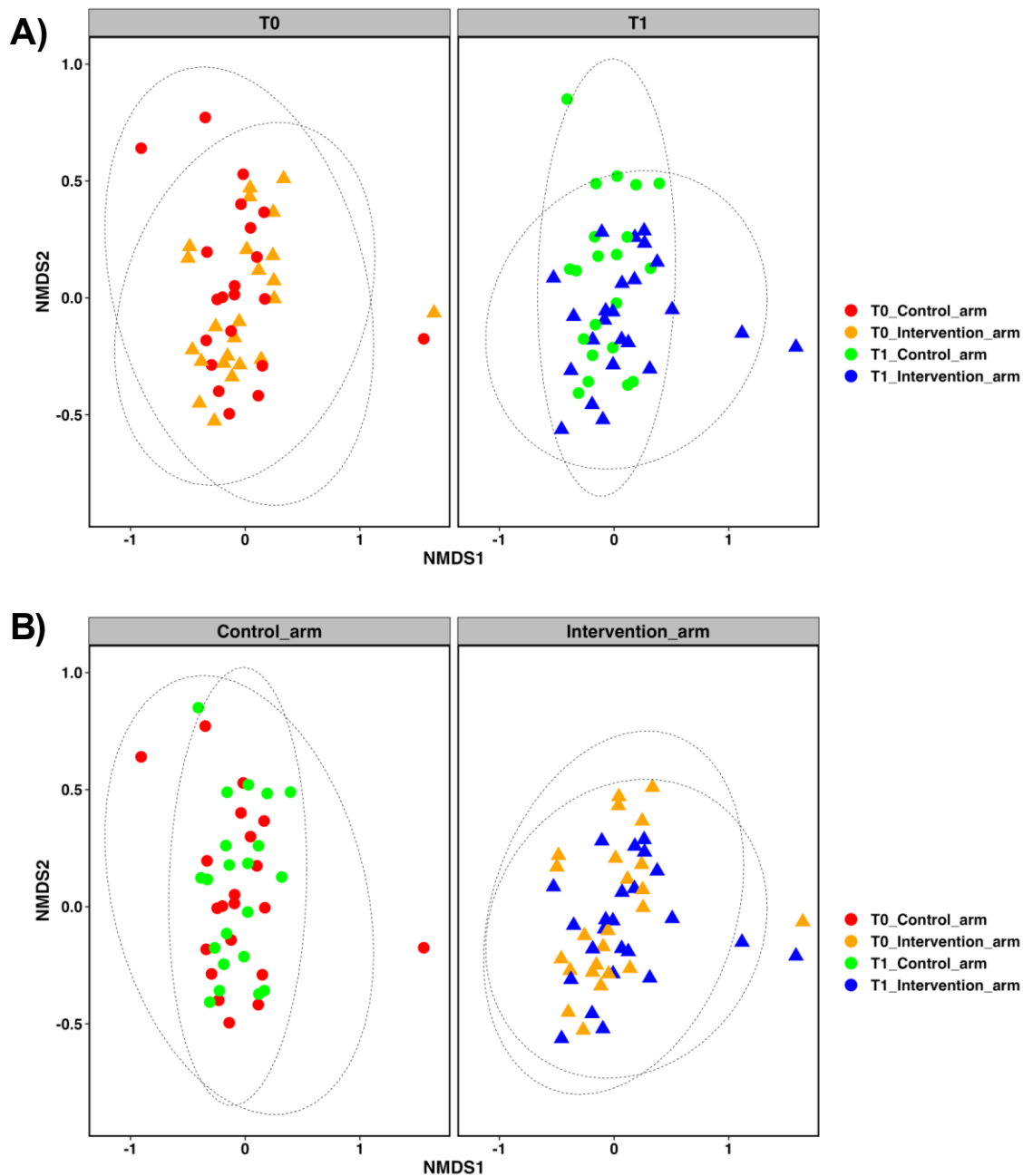
Supplementary Fig. 1. Flow Diagram of the Study.



Supplementary Fig. 2. α -diversity measures of the microbiota by arm of the study.

Alpha diversity measure (Observed features (plot A) and and Shannon index (plot B)) of the microbiota assessed by 16S rRNA gene sequencing of microbiota during the experiment. Individual points and brackets represent the richness estimate and the theoretical standard error range, respectively.

Red=intervention arm at enrolment; orange=control arm at enrolment; green=intervention arm at study-end; blue=control arm at study-end.



Supplementary Fig. 3. β -diversity measures of microbiota by arm of the study.

Non-metric Multi-Dimensional Scaling (NMDS) plots showing differences in microbial community composition (beta diversity). The ordination was performed using a Bray-Curtis dissimilarity matrix calculated from amplicon sequencing data. Panel A displays the within-group sample comparison, and Panel B displays the between-group sample comparison.

Red=intervention arm at enrolment; orange=control arm at enrolment; green=intervention arm at study-end; blue=control arm at study-end.