

Online Resource 13

Gut and extra-gut side effects recorded during the 4 months of treatment.

	Probiotic group	Placebo Group
Constipation (C)	4	2
Severity of C	2 (I); 2 (II)	0 (I); 2 (II)
Diarrhea (D)	3	2
Severity of D	1 (I); 2 (II)	1 (I); 1 (II)
Bloating (B)	7	4
Severity of B	5 (I); 2 (II)	2 (I); 2 (II)
Gastric discomfort	0	0
Migraine/headache	1/1	0/1
Mild insomnia	5	3
Skin rash	0	0
Vaginal discomfort	0	0

Number of patients are shown. The numbers into brackets from I to IV indicate the severity of the disorder (where I is mild and IV is severe). The differences observed in the values between the two groups are not significant.