

Additional file 1: Table S1A. List of inclusion and exclusion criteria for volunteers screening.

Inclusion Criteria

- Males and females aged 60 years and above
- Body mass index 20-32 kg/m²

Exclusion Criteria

- Fructose intolerance/ or any of the ingredients in the prebiotic mix
- On prescription antibiotics within the past 3 months
- Bowel disorder
- Vegetarian or vegan
- Eating disorders and food intolerances (restricted eating)
- Wheat and gluten allergy, coeliac disease
- Alcohol and/or other substance abuse
- Regular intake of prebiotic or probiotic supplements
- Smoking
- Psychiatric disorders resulting in perceived inability to give informed consent (including severe depression, lithium treatment, schizophrenia, severe behavioural disorders)
- Lipid/Cholesterol lowering medication (as cholesterol was one of the endpoints of the study)

Additional file 1: Table S1B. Individual volunteer metadata of height, weight, BMI, gender, supplement group and number of faecal samples provided in the study out of a total of seven, for volunteers ranging from 60 to 74 years old. Supplement group 1 intervention direction, Placebo to AXOS. Supplement group 2 intervention direction, AXOS to Placebo. Out of the twenty-one volunteers, eight are in the *Prevotella*-plus group and thirteen are in the *Prevotella*-minus group. *All volunteers provided 7 out of 7 faecal samples with the exception of volunteer 008 who provided 5.

Volunteer	Height (m)	Weight (kg)	BMI (kg/m ²)	Gender	Supplement Group	<i>Prevotella</i> group
001	1.63	65.05	24.47	M	1	Plus
002	1.62	82.25	31.25	F	2	Minus
003	1.69	66.80	23.18	F	1	Minus
004	1.75	81.00	26.33	M	2	Plus
005	1.65	77.10	28.05	M	2	Minus
006	1.63	58.10	21.71	F	2	Plus
008*	1.49	49.25	21.94	F	1	Plus
009	1.61	57.70	22.18	M	1	Plus
010	1.58	64.95	25.78	F	2	Minus
011	1.59	58.40	23.08	F	1	Minus
013	1.66	68.85	24.77	F	2	Minus
014	1.59	58.65	23.09	F	2	Plus
018	1.71	88.20	30.18	M	2	Minus
019	1.77	71.60	22.67	M	2	Minus
020	1.63	50.85	18.98	F	2	Minus
021	1.63	59.05	22.23	F	1	Minus
022	1.74	87.25	28.77	M	1	Plus
023	1.62	78.00	29.51	F	1	Minus
024	1.57	67.10	27.18	F	2	Plus
025	1.74	79.90	26.43	M	2	Minus
026	1.59	69.20	27.10	F	1	Minus