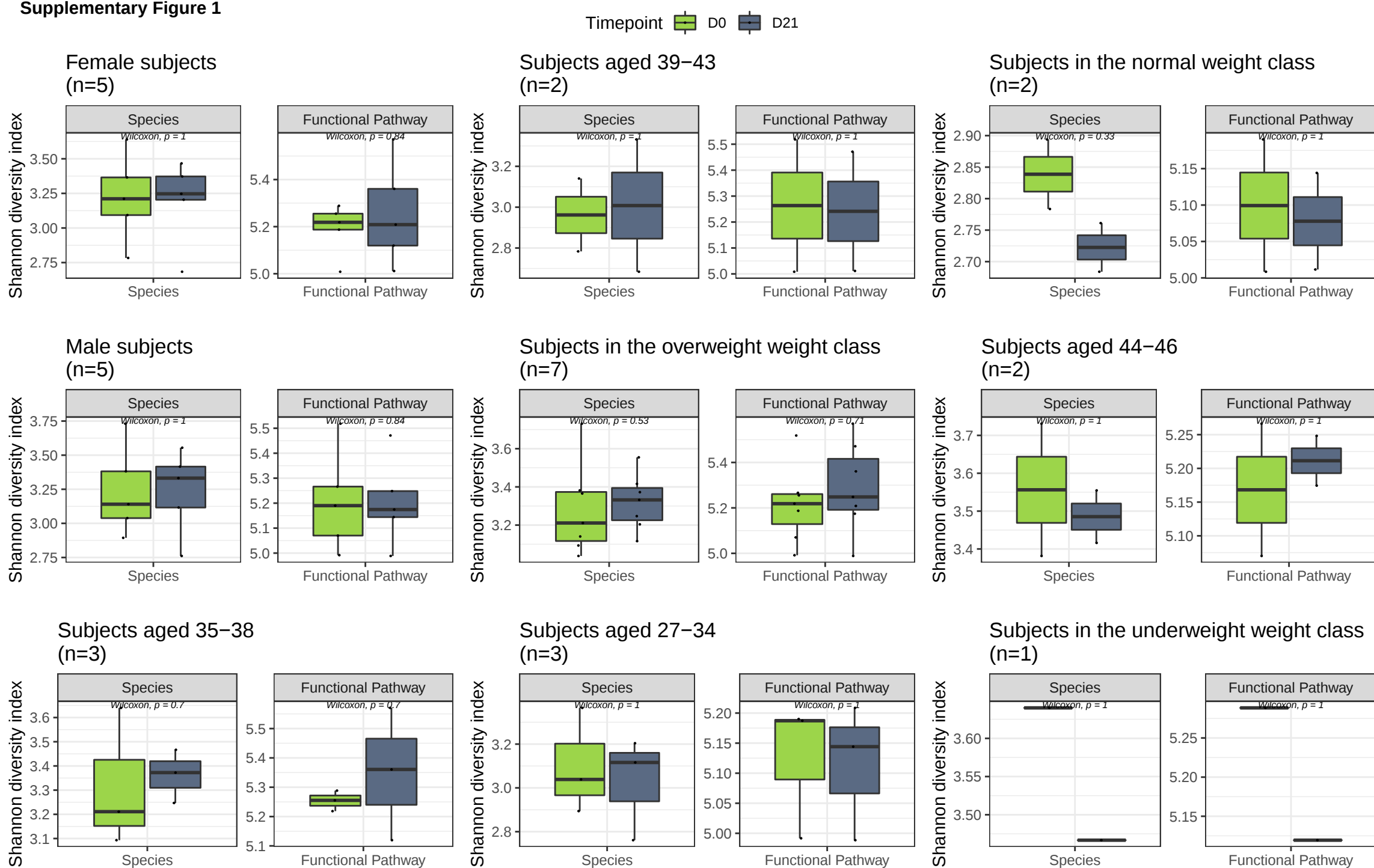


Title		Caption
1	Supplementary Fig 1	Demographic subset of Shannon diversity index across age, sex, and BMI
2	Supplementary Fig 2	Species with increasing abundance over the intervention period
3	Supplementary Fig 3	Pathways with increasing abundance over the intervention period
4	Supplementary Fig 4	Shannon diversity of subjects based on levels of nutrients consumed
5	Supplementary Fig 5	Correlation between reported beneficial and pathogenic species with nutrient consumed

Supplementary Figure 1



Supplementary Figure 1: Demographic subset of Shannon diversity index across age, sex, and BMI

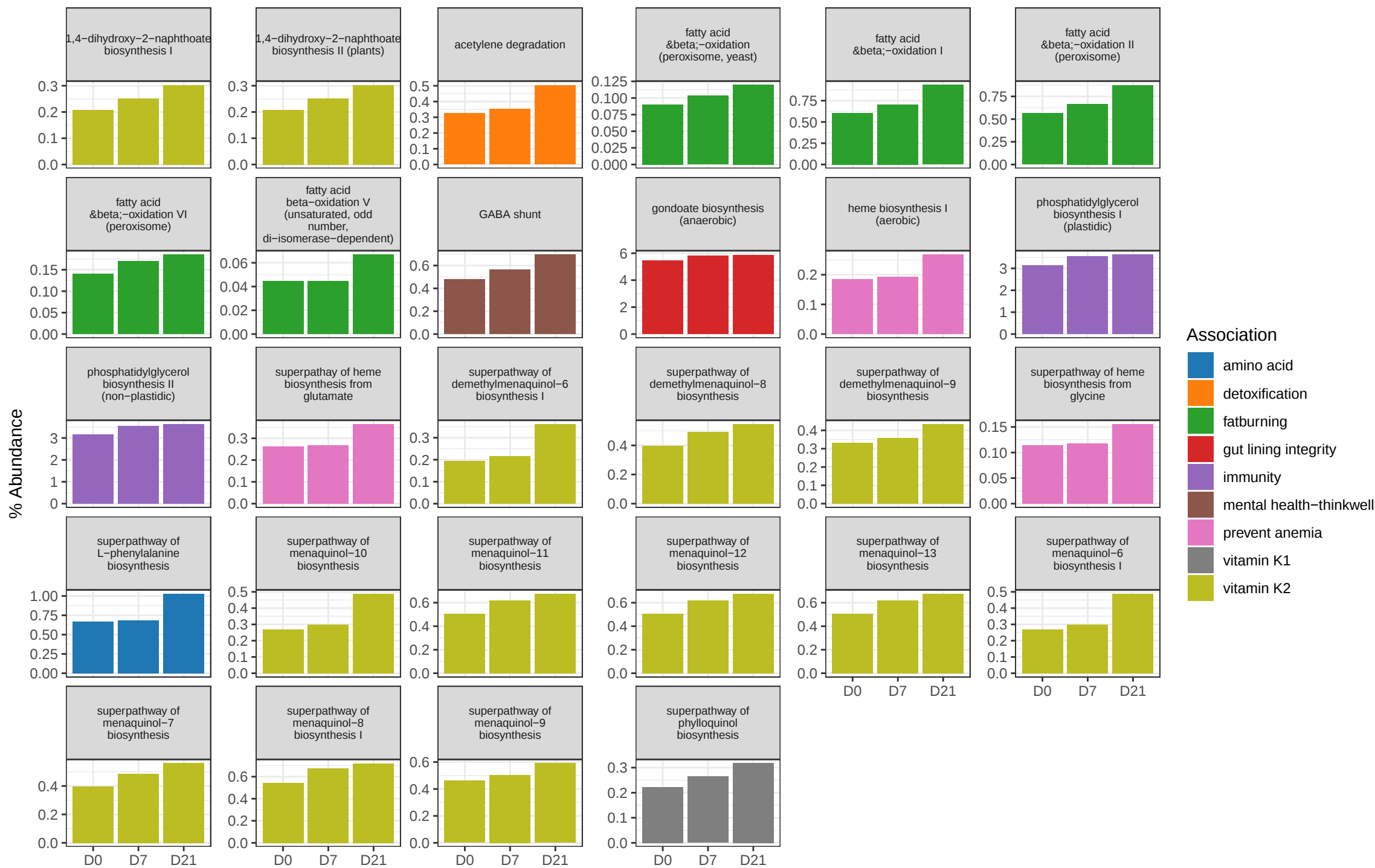
Supplementary Figure 2

Association cholesterol general health immunity weight



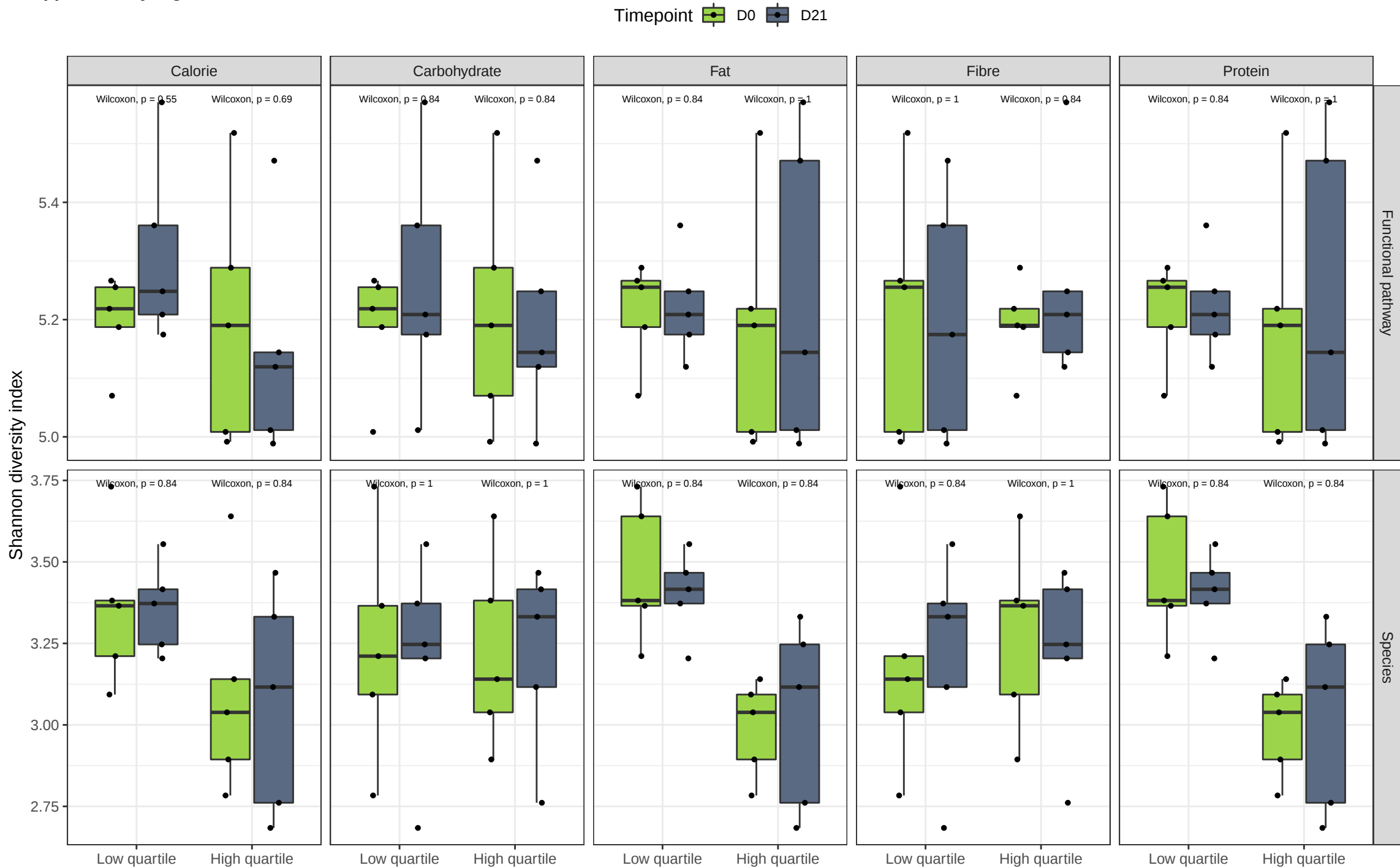
Supplementary Figure 2: Species with increasing abundance over the intervention period

Supplementary Figure 3



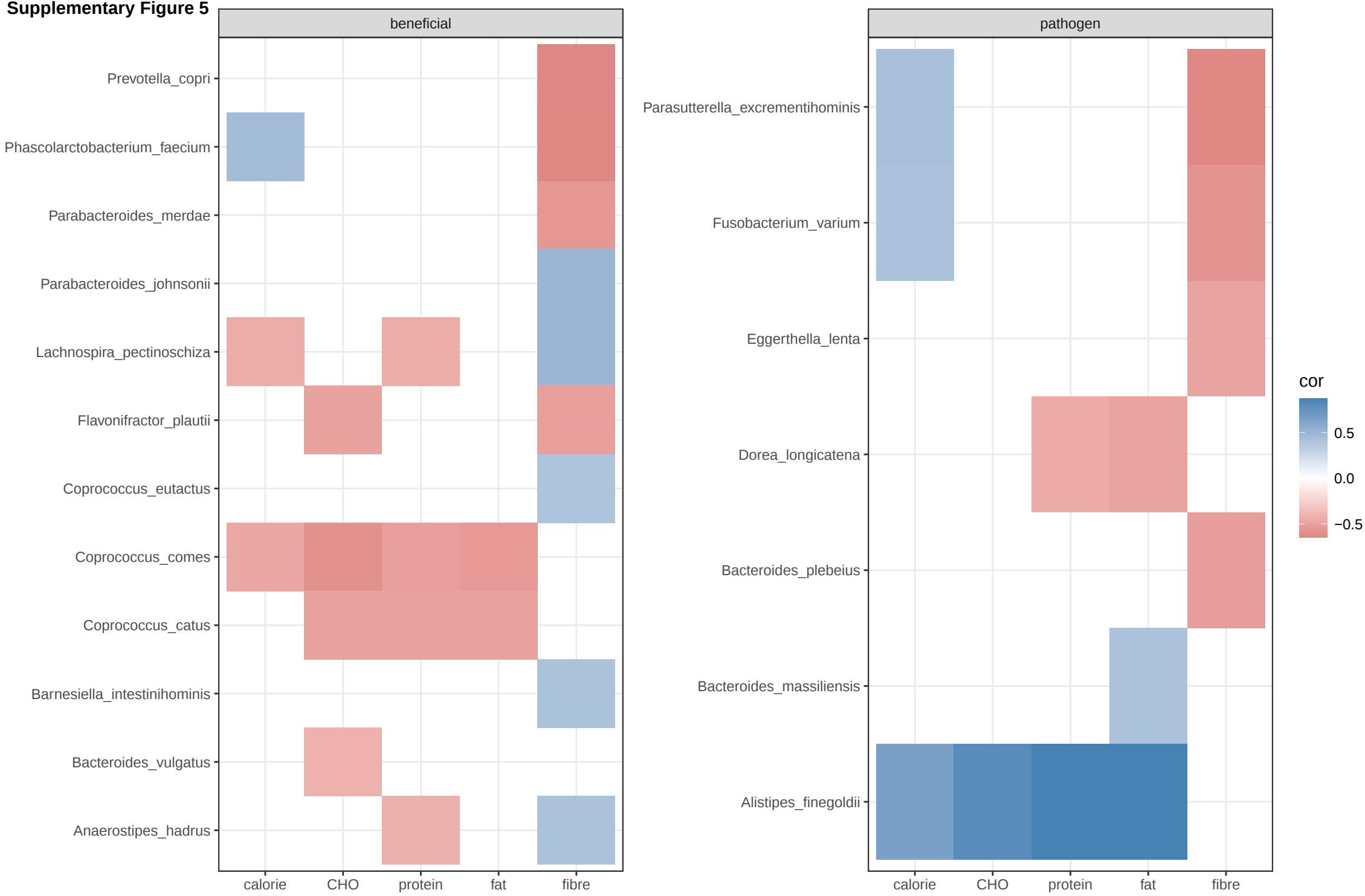
Supplementary Figure 3: Pathways with increasing abundance over the intervention period

Supplementary Figure 4



Supplementary Figure 4: Shannon diversity of subjects based on levels of nutrients consumed

Supplementary Figure 5



Supplementary Figure 5: Correlation between reported beneficial and pathogenic species with nutrient consumed