n = 41
Preselection via telephone screening

n = 29
Checked for eligibility (VO$_{2\text{max}}$, blood panel etc.)

n = 5
Eliminated due to too low VO$_{2\text{max}}$ or too high body fat

n = 24
Passed eligibility and RANDOMIZED

n = 12
Probiotics

n = 11
Completed study program (drop out due to bone injury)

n = 12
Placebo

n = 12
Completed study program