Additional Material

Exclusion criteria

The exclusion criteria were as follows: pregnant or breastfeeding women; known dairy allergy; severe intolerance to milk; history of fecal impaction; trying to lose weight by following a diet or exercise regimen designed for weight loss, or taking any drug influencing appetite and any drug for weight loss within 3 months before screening; participation in similar interventions of dairy or probiotic-containing product within 3 months before screening; currently taking drugs for the treatment of cardiovascular or metabolic diseases; history of gastrointestinal disorders, liver disease, nephropathy, endocrine disease, blood disorders, respiratory and cardiovascular diseases likely to influence the study results; current or history of alcohol abuse, or use of illicit drugs, substances or over the counter/prescription drugs likely to affect gastrointestinal function; currently suffering from any gastrointestinal disorders or gastrointestinal disease, such as irritable bowel syndrome, colitis, ulcerative colitis, and celiac disease; hospitalization for any reason within 3 months before screening; and according to the investigator's judgment, current use of drugs likely to affect gastrointestinal function or immune system.
Laboratory tests

Urinary galactose test

For the urinary galactose test, after an overnight fast and emptying their bladder, the subjects consumed 485 ml of milk. Urine samples were collected at 1 and 2 h after milk consumption. Samples were purified within 30 min of collection and the presence of galactose was determined using a colorimetric assay.

Measurement of serum biomarkers

Blood samples were obtained at 7.30–8.00 am after an overnight fast to measure serum biomarkers using enzyme-linked immunosorbent assays (Cusabio Biotech Co., Ltd., Wuhan, China) for interleukin-4 (IL-4), immunoglobulin (Ig) G1, and IgG2a; immunoturbidimetry for IgG and high-sensitivity C-reactive protein (hs-CRP; Roche P800 Biochemical Immune Analyzer; Roche Diagnostics, Basel, Switzerland); electrochemiluminescence assays for IgE (Roche Diagnostics); and a cyanide-free sodium lauryl sulfate photometry for hemoglobin (SYSMEX XS-1000i; Sysmex Corp., Kobe, Japan).

Measurement of fecal biomarkers

Fecal samples were collected to measure the short chain fatty acid (SCFA) content using an Agilent 6890N (Agilent Technologies, Inc., Santa Clara, CA, USA).
**Adverse event codes**

*Whole body*

BODY 010 Anemia
BODY 002 Dehydration
BODY 005 Infection not classified elsewhere
BODY 001 Irritability/fussiness/excessive crying
BODY 019 Reaction to vaccine
BODY 008 Rule out sepsis
BODY 009 Sepsis

*Cardiovascular*

CARD 004 Heart murmur

*Eyes, ears, nose, and throat*

EENT 037 Allergic rhinitis
EENT 038 Allergic rhino-conjunctivitis
EENT 006 Conjunctivitis
EENT 018 Eye movement disorder
EENT 013 Hearing deficit
EENT 015 Infectious rhinitis/sinusitis
EENT 002 Nasal congestion/nasopharyngeal congestion with no other related symptoms
EENT 030 Otitis externa
EENT 001 Otitis media
EENT 044 Serous otitis media

*Gastrointestinal*

GI 008 Acute gastroenteritis / diarrheal disease
GI 043 Allergic colitis
GI 044 Allergic gastroenteritis
GI 010 Anal fissure
GI 009 Bloody stool
GI 007 Colic
GI 006 Constipation
GI 020 Cows’ milk intolerance
GI 005 Diarrhea
GI 001 Emesis/vomiting
GI 017 Frequent stools
GI 004 Gas
GI 003 G.E. reflux
GI 016 Pyloric stenosis
GI 034 Rectal stenosis
GI 019 Umbilical hernia

Metabolic and nutrition
MAN 008 Failure to thrive
MAN 002 Lack of appetite
MAN 007 Poor weight gain/weight loss

Musculoskeletal
MS 004 Deformity
MS 001 Fracture
MS 005 Torticollis
MS 003 Trauma

Nervous system
NER 002 Meningitis

NER 001 Seizure/convulsion

Respiratory

RESP 009 Bronchiolitis
RESP 005 Bronchitis
RESP 002 Cough with no other related symptoms
RESP 004 Croup/laryngitis
RESP 012 Pharyngitis
RESP 007 Pneumonia
RESP 011 Respiratory syncytial virus
RESP 024 Tonsillitis
RESP 001 Upper respiratory infection/cold/respiratory viral infection
RESP 006 Wheezing/reactive airway disease

Skin

SK 033 Abscess
SK 012 Chickenpox
SK 001 Diaper rash
SK 003 Dry skin
SK 004 Eczema/atopic dermatitis
SK 028 Fungal skin infection
SK 006 Impetigo
SK 010 Other rash
SK 005 Seborrhea/cradle cap
SK 009 Urticaria
SK 002 Yeast infection
Urogenital

UG 017 Hydrocele
UG 005 Inguinal hernia
UG 013 Penile adhesion
UG 004 Urinary tract infection
UG 001 Vaginal discharge

Other

OTH 001 Other