Eligible volunteers (n=18) (enrolment period: January 2016 to March 2016)

- Declined to provide informed consent (n=2)

Eligible participants allocated to single arm intervention (n=15)

- Discontinued intervention (n=1 did not provide the baseline fecal sample; n=2 discontinued after providing the baseline fecal sample during the first week of the study) (n=3)

Analyzed (n=13)

All the participants who completed the study protocol were included in the analysis.

**Figure S1.** Participant flow chart.