

Supplementary material 3

Test medication

Bio-Kult 14 strain probiotic capsule

Ingredients:

Cellulose (bulking agent)

Vegetable Capsule (Hydroxypropylmethyl Cellulose).

Live bacteria cultures:

Bacillus subtilis PXN 21

Bifidobacterium bifidum PXN 23

Bifidobacterium breve PXN 25

Bifidobacterium infantis PXN 27

Bifidobacterium longum PXN 30

Lactobacillus acidophilus PXN 35

Lactobacillus delbrueckii ssp. bulgaricus PXN 39

Lactobacillus casei PXN 37

Lactobacillus plantarum PXN 47

Lactobacillus rhamnosus PXN 54

Lactobacillus helveticus PXN 45

Lactobacillus salivarius PXN 57

Lactococcus lactis ssp. lactis PXN 63

Streptococcus thermophilus PXN 66

Each capsule contains:

Minimum 2 billion live microorganisms per capsule (2×10^9 CFU/capsule), equivalent to 10 billion live microorganisms per gram (1×10^{10} CFU/gram).

Gluten free.

May contain soya and milk as these are used in the growth media of the strains.

Traces of milk are at a level that would not affect lactose intolerance sufferers.

Suitable for vegetarians.

Placebo

100% microcrystalline cellulose contained in identical capsules as active product.

Dosage for the trial:

< 12 years: 1 capsule per day

≥ 12 years: 1 capsule BD

Participants who will turn 12 during the study should be started on the higher dose. Dosage is guided by manufacturer's advice.