

Supplemental Table. Adverse events in each group

	the Yogurt group (n=479)		the Observation group (n=482)		P value*
	n	%	n	%	
Indefinite complaint	193	40.3	172	35.5	0.14
Menstrual pain	37	7.7	40	8.3	0.74
Digestive symptom	179	37.4	119	24.7	<.0001
Body aches	71	14.8	67	13.9	0.68
Skin symptom	38	7.9	36	7.5	0.79
Sleep and mental condition	37	7.7	30	6.2	0.36
Allergy	51	10.7	46	9.5	0.57
Respiratory symptom	19	4.0	12	2.5	0.20
Injury	9	1.9	9	1.9	0.99
Others	70	14.6	88	18.3	0.13

*Chi-square test