

Supplemental Table 1. Assessment of statistical power in biochemical and autonomic variables with the magnitude of group differences.

Variables	Changes from baseline period in placebo group	Changes from baseline period in probiotic group	Statistical power (%)
Biochemical			
Glucose (mg/dL)	1.3	-10.3	55
Cholesterol (mg/dL)	5.1	-23.6	47
HDL- cholesterol (mg/dL)	2.7	6.5	30
Heart rate variability			
LF (nu)	2.7	-6.1	55
HF (nu)	-2.1	6.0	51
LF/HF	0.16	-0.41	63