

**Supplemental table 2.** Dietary characteristics at baseline and after intervention of each type of beer in those subjects in which microbiome was analysed.<sup>1</sup>

Intake per day	Alcohol-free beer with regular composition N =14				Alcohol-free beer with modified composition N =14			
	Baseline	Intermediate visit	After intervention	<i>P</i> <sup>2</sup>	Baseline	Intermediate visit	After intervention	<i>P</i> <sup>2</sup>
Energy, kcal	1681±287	1575±360	1594±242	0.528	1696± 260	1496±274 <sup>c</sup>	1718±267 <sup>b</sup>	0.046
Carbohydrates, %	35.7±6.7	37.9±8.33	37.8±6.21	0.542	37.1±9.77	37.6±8.07	35.4±6.71	0.745
Sugars, g	70.2±18.3	66.8±18.4	59.7±18.3	0.255	70.7±22.8	68.3±18.3	74.4±18.6	0.519
Fiber, g	26.9±9.20 <sup>c</sup>	28.2±11.5	21.5±6.34 <sup>a</sup>	0.007	25.9±7.01	24.4±6.41	27.2±8.38	0.487
Fat, %	36.5±7.73	35.2±7.84	37.0±7.73	0.668	34.5±8.32	34.9±9.50	38.1±8.91	0.406
Saturated fatty acids, %	9.65±4.40	8.71±3.24	10.1±3.47	0.334	9.27±1.90	8.85±2.41	9.96±2.93	0.317
Monounsaturated fatty acids, %	18.2±4.62	16.2±5.49	17.5±5.03	0.412	17.2±6.14	17.6±8.12	19.4±6.70	0.580
Polyunsaturated fatty acids, %	5.06±2.31	5.44±3.50	5.38±2.09	0.787	4.28±1.22	4.16±1.71	4.93±1.59	0.302
Cholesterol, mg	368±231	374±251	355±177	0.961	331±221	382±308	303±114	0.658
Protein, %	95.8±19.4	87.9±21.1	87.0±14.3	0.709	98.3±22.5	90.4±32.7	91.4±24.6	0.577
Sodium, mg	2136±687	2060±792	2252±799	0.773	2259±1080	2150±1424	2404±810	0.769

<sup>1</sup> Values are mean±SD and are expressed as intake per day. <sup>2</sup>*P* refers to differences within each alcohol-free beer intervention period calculated by one-way ANOVA with repeated measures; *post-hoc* analysis by Bonferroni was carried out if applicable. “a” denotes  $P < 0.05$  comparing to baseline, “b” denotes  $P < 0.05$  comparing to intermediate visit, “c” denotes  $P < 0.05$  comparing to final visit.