

Table S5. Components of the probiotics in each included clinical and preclinical literature.

Study	Type of strains
Randomized controlled trials	
Ebrahim Kouchaki (2017)	<i>Lactobacillus acidophilus</i> , <i>Lactobacillus casei</i> , <i>Bifidobacterium bifidum</i> and <i>Lactobacillus fermentum</i>
Mahmoud Salami (2019)	<i>Bifidobacterium infantis</i> , <i>Bifidobacterium lactis</i> , <i>Lactobacillus reuteri</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus plantarum</i> and <i>Lactobacillus fermentum</i>
Mehran Rahimlou (2020)	<i>Bacillus subtilis</i> PXN 21, <i>Bifidobacterium bifidum</i> PXN 23, <i>Bifidobacterium breve</i> PXN 25, <i>Bifidobacterium infantis</i> PXN 27, <i>Bifidobacterium longum</i> PXN 30, <i>Lactobacillus acidophilus</i> PXN 35, <i>Lactobacillus delbrueckii ssp. bulgaricus</i> PXN 39, <i>Lactobacillus casei</i> PXN 37, <i>Lactobacillus plantarum</i> PXN 47, <i>Lactobacillus rhamnosus</i> PXN 54, <i>Lactobacillus helveticus</i> PXN 45, <i>Lactobacillus salivarius</i> PXN 57, <i>Lactococcus lactis ssp. lactis</i> PXN 63, <i>Streptococcus thermophilus</i> PXN 66
Preclinical studies	
Kobayashi et al (2009)	<i>Lactobacillus casei</i> strain Shirota, <i>Bifidobacterium breve</i> strain Yakult
Lavasani et al (2010)	<i>Lactobacillus paracasei</i> , DSM 13434; <i>Lactobacillus plantarum</i> , DSM 15312 (HEAL9); <i>Lactobacillus plantarum</i> , DSM 15313 (HEAL19); <i>Lactobacillus paracasei</i> , PCC (Probi Culture Collection) 101 and <i>Lactobacillus delbrueckii, subsp. bulgaricus</i> , DSM 20081
Ochoa-Repáraz et al (2010)	<i>Bacteroides fragilis</i>
Takata et al (2011)	<i>Pediococcus acidilactici</i> R037
Kobayashi et al (2012)	<i>Lactobacillus casei</i> strain Shirota
Kwon et al (2013)	IRT5 probiotics (<i>Lactobacillus casei</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus reuteri</i> , <i>Bifidobacterium bifidum</i> and <i>Streptococcus thermophilus</i>)
Goudarzvand et al (2016)	<i>Lactobacillus Plantarum</i> and <i>Bifidobacterium B94 (BB94)</i>
Abdurasulova et al (2016)	<i>Enterococcus faecium</i> strain L-3
Abdurasulova et al (2017)	<i>Enterococcus faecium</i> strain L-3
Salehipour et al (2017)	<i>Lactobacillus plantarum</i> A7, <i>Bifidobacterium animalis</i> PTCC 1631
Secher et al (2017)	<i>Escherichia coli</i> strain Nissle 1917
Yamashita et al (2018)	<i>Lactobacillus helveticus</i> SBT2171
Consonni et al (2018)	<i>Lactobacillus crispatus</i> LMG P-23257 (LC), <i>Lactobacillus rhamnosus</i> ATCC 53103 (LR), <i>Bifidobacterium animalis subsp. Lactis BB12®</i> (BB, from CHR Hansen, Denmark), <i>Bifidobacterium animalis subsp. Lactis</i> LMG S-28195 (BL)
Chen et al (2019)	<i>Clostridium butyricum</i>
He et al (2019)	<i>Lactobacillus reuteri</i> DSM 17938
Shahi et al (2019)	<i>Prevotella histicola</i>

Bajic et al (2020)	<i>Lactobacillus brevis</i> BGZLS10-17
Dargahi et al (2020)	<i>Streptococcus thermophilus</i> ST285
Barreiro et al (2020)	Lactibiane iki (Pileje, Paris, France) is composed of <i>Bifidobacterium lactis</i> LA 304, <i>Lactobacillus acidophilus</i> LA 201, and <i>Lactobacillus salivarius</i> LA 302. Vivomixx (Grifols, Barcelona, Spain) is composed of <i>Lactobacillus acidophilus</i> (DSM 24735), <i>Lactobacillus plantarum</i> (DSM 24730), <i>Lactobacillus paracasei</i> (DSM 24733), <i>Lactobacillus delbrueckii</i> subsp. <i>bulgaricus</i> (DSM 24734), <i>Bifidobacterium longum</i> (DSM 24736), <i>Bifidobacterium breve</i> (DSM 24732), <i>Bifidobacterium infantis</i> (DSM 24737), and <i>Streptococcus thermophilus</i> (DSM 24731).
Samani et al (2020)	<i>Enterococcus durans</i> IBRC-M 10753, lacto mix (<i>Lactobacillus plantarum</i> subsp. <i>Planetarium</i> IBRC-M 10817, <i>Lactobacillus rhamnosus</i> IBRC-M 10754, and <i>Lactobacillus casei</i> IBRC-M 10711)
Mestre et al (2020)	Vivomixx, a multi- species probiotic is composed of <i>Lactobacillus paracasei</i> DSM 24734, <i>Lactobacillus plantarum</i> DSM 24730, <i>Lactobacillus acidophilus</i> DSM 24735, <i>Lactobacillus delbrueckii</i> subspecies <i>bulgaricus</i> DSM 24734, <i>Bifidobacterium longum</i> DSM 24736, <i>Bifidobacterium infantis</i> DSM 24737, <i>Bifidobacterium breve</i> 24732 and <i>Streptococcus thermophilus</i> DSM 24731.
Digehsara et al (2020)	<i>Lactobacillus casei</i> strain T2 (IBRC-M10783)
