

Effects of incrementally increased plant-based protein intake on gut microbiota and inflammatory–metabolic biomarkers in healthy adults

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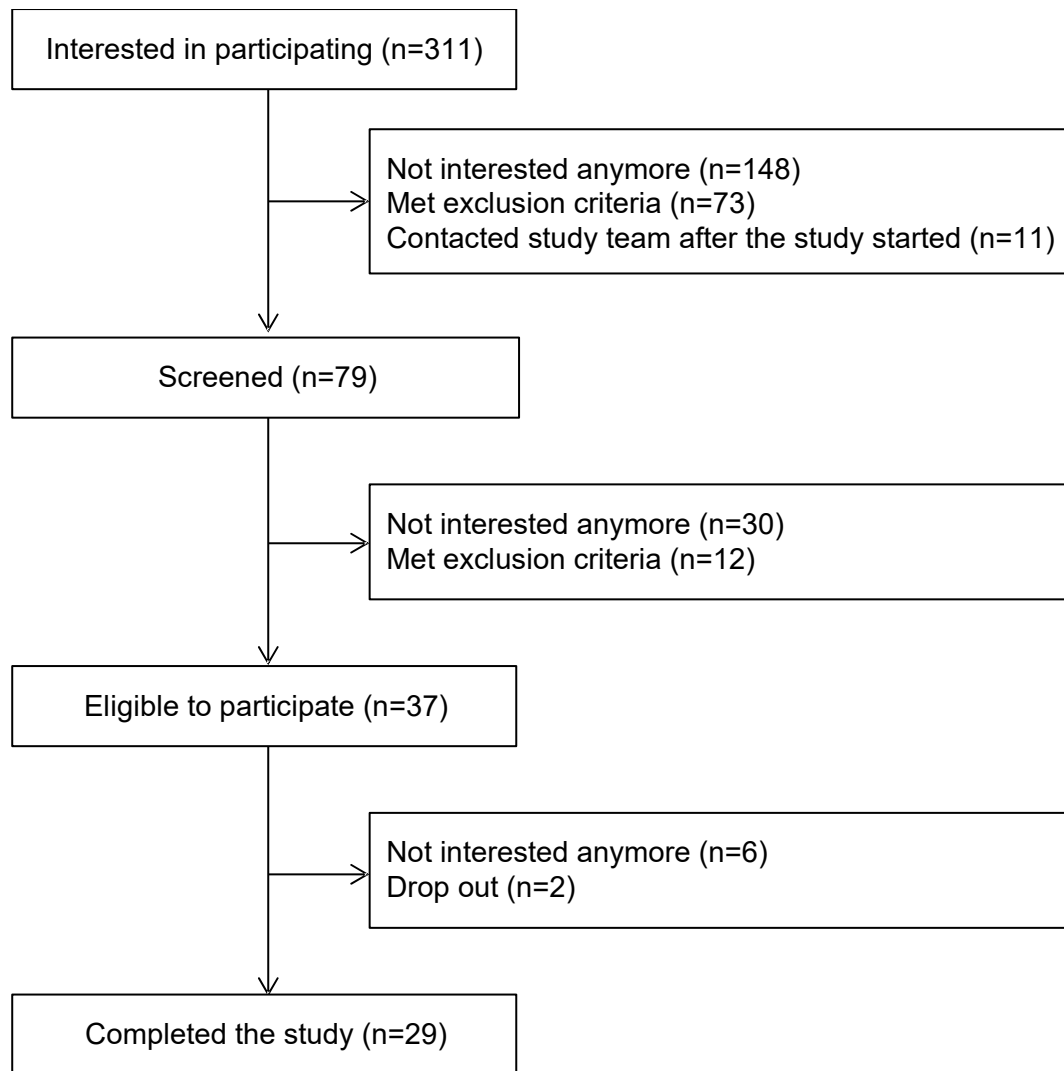
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26 **Supplementary Figure 1. Study Workflow.**

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28 **Supplementary Table 1. Chemical Composition of the Provided Isolated Pea Protein.**

	Week 1	Week 2	Week 3	Week 4
	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>
Isolated Pea Components				
Protein*	17.325	34.650	51.975	69.300
Starch	0.041	0.081	0.122	0.162
Fat	1.156	2.313	3.469	4.625
Fibre NDF	0.162	0.325	0.487	0.649
Fibre ADF	0.041	0.081	0.122	0.162
Essencial Amino Acids				
Histidine	0.366	0.733	1.099	1.466
Isoleucine	0.573	1.147	1.720	2.294
Leucine	1.322	2.644	3.967	5.289
Lysine	1.274	2.549	3.823	5.098
Phenylalanine	0.860	1.720	2.581	3.441
Threonine	0.637	1.274	1.912	2.549
Valine	0.637	1.274	1.912	2.549
Non-essencial Amino Acids				
Alanine	0.685	1.370	2.055	2.740
Arginine	1.131	2.262	3.393	4.524
Aspartic acid	2.151	4.301	6.452	8.602
Cysteine	0.048	0.096	0.143	0.191
Glutamic acid	3.106	6.213	9.319	12.426
Glycine	0.637	1.274	1.912	2.549
Proline	0.797	1.593	2.390	3.186
Serine	0.956	1.912	2.867	3.823
Tyrosine	0.605	1.211	1.816	2.421

30 *Based on the median bodyweight of 69.3 kg. Results are calculated based on Auer et al.
31 2024. Neutral Detergent Fiber (NDF) and Acid Detergent Fiber (ADF).

32 **Supplementary Table 2. Gastrointestinal Symptom Rating Scale Scores. Bristol Stool Scale Scores and Physical Activity.**

	Week 4		Week 5		Week 6		Week 7		Week 8	
	<i>Median (IQR)</i>	<i>n</i>	<i>Median (IQR)</i>	<i>n</i>	<i>Median (IQR)</i>	<i>n</i>	<i>Median (IQR)</i>	<i>n</i>	<i>Median (IQR)</i>	<i>n</i>
GSRs Score										
Diarrhoea	1.0 (1.0-1.5)	29	1.0 (1.0-2.0)	29	1.0 (1.0-1.7)	29	1.3 (1.0-1.7)	29	1.0 (1.0-1.7)	29
Indigestion	1.8 (1.1-2.3)	29	1.8 (1.1-2.4)	29	1.5 (1.1-2.5)	29	1.8 (1.1-2.3)	29	2.0 (1.1-2.7)	29
Constipation	1.0 (1.00-1.7)	29	1.0 (1.0-1.3)	29	1.0 (1.0-1.3)	29	1.3 (1.0-1.9)	29	1.3 (1.0-1.7)	29
Abdominal pain	1.3 (1.0-1.7)	29	1.0 (1.0-1.7)	29	1.0 (1.0-1.5)	29	1.0 (1.0-1.7)	29	1.3 (1.0-1.9)	29
Reflux	1.0 (1.0-1.1)	29	1.0 (1.0-1.2)	29	1.0 (1.0-1.2)	29	1.0 (1.0-1.1)	29	1.0 (1.0-1.1)	29
Total score	1.3 (1.0-1.7)	29	1.4 (1.1-1.7)	29	1.3 (1.1-1.6)	29	1.5 (1.1-1.8)	29	1.5 (1.0-2.0)	29
BSS Score										
Type/wk	3.8 (3.4-4.3)	28	4.3 (3.4-5.0)	28	3.8 (3.4-5.0)	28	4.0 (3.4-4.8)	28	3.9 (3.2-4.7)	28
Frequency/d	0.9 (0.7-1.3)	29	1.1 (0.9-1.3)	29	1.0 (0.8-1.2)	29	1.0 (0.8-1.3)	29	1.0 (0.7-1.3)	29
PA										
MET min/wk**	2461 (1655-3920)	28	2432 (1598-4372)	28	2245 (1455-3390)	28	2062 (1003-3167)	28	1951 (1134-3461)	28
PAL/wk	2.0 (2.0-3.0)	28	3.0 (2.0-3.0)	28	3.0 (2.0-3.0)	28	2.4 (2.0-3.0)	28	2.0 (2.0-3.0)	28

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34 Data is shown as median (IQR) and includes results from a Friedman test with Dunn's multiple comparisons of each intervention week vs. the
35 baseline (week 4); **p<0.01; GSRs: Gastrointestinal Symptom Rating Scale. BSS: Bristol Stool Scale. PA: Physical Activity. PAL: Physical Activity
36 Level.