

Supplemental Table 1. Subjective daily gastrointestinal intolerance symptoms for 3-week treatment periods.

Item†	Treatment (g agave inulin/d)*												P value Treatment*Week
	0				5.0				7.5				
	W1	W2	W3	SEM	W1	W2	W3	SEM	W1	W2	W3	SEM	
Abdominal pain ^d	0.1	0.1	0.1	0.1	0.2	0.2	0.1	0.1	0.2	0.2	0.2	0.1	0.033
Bloating ^e	0.1	0.2	0.2	0.1	0.4	0.4	0.3	0.1	0.5	0.4	0.4	0.1	0.190
Burping	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.1	0.2	0.2	0.2	0.1	0.080
Flatulence ^f	0.6 ^a	0.6 ^a	0.6 ^a	0.1	1.1 ^{cb}	1.2 ^c	0.9 ^b	0.1	1.3 ^c	1.3 ^c	1.2 ^{cb}	0.1	0.004
Nausea	0.06 ^{ab}	0.02 ^a	0.02 ^a	0.0	0.08 ^{ab}	0.08 ^{ab}	0.04 ^{ab}	0.0	0.05 ^a	0.14 ^b	0.11 ^{ab}	0.0	0.005
Reflux	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.031
Rumblings ^g	0.2	0.2	0.2	0.1	0.4	0.4	0.3	0.0	0.5	0.4	0.3	0.1	0.079

*Values are least squares means with pooled SEM, n=29. W1, week 1; W2, week 2; W3, week 3.

†Gastrointestinal symptoms were scored using the following scale: 0=absent, 1=mild, 2=moderate, 3=severe.

^{a,b} Mean values in a row with unlike superscript letters differ (P<0.05).

^dFor means pooled for diet, 7.5 g/d > 0 g/d; 0 g/d = 5.0 g/d; 5.0 g/d = 7.5 g/d (P=0.0225). Refer to Table 3.

^eFor means pooled for diet, 7.5 g/d = 5.0 g/d > 0 g/d (P=0.0007). Refer to Table 3.

^fFor means pooled for diet, 7.5 g/d = 5.0 g/d > 0 g/d (P<0.0001). Refer to Table 3.

^gFor means pooled for diet, 7.5 g/d > 0 g/d; 0 g/d = 5.0 g/d; 5.0 g/d = 7.5 g/d (P=0.0085). Refer to Table 3.

Supplemental Table 2. Subjective weekly gastrointestinal intolerance symptoms by week within each 3-week treatment period.

	Treatment (g agave inulin/day)*												P value
	0				5.0				7.5				
	W1	W2	W3	SEM	W1	W2	W3	SEM	W1	W2	W3	SEM	
<i>Frequency</i> [†]													
Abdominal Pain	0.1	0.1	0.0	0.1	0.2	0.3	0.1	0.1	0.3	0.2	0.3	0.1	0.185
Bloating ^d	0.1	0.0	0.2	0.1	0.4	0.4	0.4	0.1	0.5	0.5	0.5	0.1	0.812
Flatulence ^e	0.1	0.1	0.0	0.1	0.8	0.8	0.7	0.1	1.1	1.1	0.9	0.1	0.734
Nausea	0.0	0.1	0.0	0.1	0.2	0.3	0.1	0.1	0.1	0.2	0.2	0.1	0.365
Rumblings ^f	0.1	0.1	0.0	0.1	0.5	0.3	0.3	0.1	0.5	0.5	0.3	0.1	0.502
Diarrhea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.208

*Values are least squares means with pooled SEM, n=29. W1, week 1; W2, week 2; W3, week 3.

[†]Adults were asked if they experienced any of the gastrointestinal symptoms listed above during the past 7 days (Yes or No). If yes, frequency of gastrointestinal symptoms was scored using the following scale: 0=no more than usual, 1=somewhat more than usual, or 2=much more than usual.

^dFor means pooled for diet, 7.5 g/d = 5.0 g/d > 0 g/d (P=0.0004). Refer to Table 3.

^eFor means pooled for diet, 7.5 g/d = 5.0 g/d > 0 g/d (P<0.0001). Refer to Table 3.

^fFor means pooled for diet, 7.5 g/d = 5.0 g/d > 0 g/d (P=0.0026). Refer to Table 3.

Supplemental Table 3. Frequency of GI symptom ratings for healthy adult human participants consuming 0, 5.0, or 7.5 g agave inulin/day.

Item	Treatment (g agave inulin/d)		
	0	5.0	7.5
Nausea	----- Number of Subjects (%) -----		
<i>Week 1</i>			
Did not experience	28 (96.6%)	25 (86.2%)	24 (82.8%)
No more than usual	1 (3.4 %)	0 (0.0%)	2 (6.9%)
Somewhat more than usual	0 (0.0%)	3 (10.3%)	3 (10.3%)
Much more than usual	0 (0.0%)	1 (3.4 %)	0 (0.0%)
<i>Week 2</i>			
Did not experience	27 (93.1%)	23 (79.3%)	24 (82.8%)
No more than usual	0 (0.0%)	0 (0.0%)	1 (3.4 %)
Somewhat more than usual	2 (6.9%)	5 (17.2%)	3 (10.3%)
Much more than usual	0 (0.0%)	1 (3.4 %)	1 (3.4%)
<i>Week 3</i>			
Did not experience	28 (96.6%)	25 (86.2%)	24 (82.8%)
No more than usual	0 (0.0%)	1 (3.4 %)	1 (3.4%)
Somewhat more than usual	1 (3.4 %)	3 (10.3%)	2 (6.9%)
Much more than usual	0 (0.0%)	0 (0.0%)	2 (6.9%)
<i>All weeks combined</i>			
Did not experience	83 (95.4%)	73 (83.9%)	72 (82.8%)
No more than usual	1 (1.1%)	1 (1.1%)	4 (4.6%)
Somewhat more than usual	3 (3.4%)	11 (12.6%)	8 (9.2%)
Much more than usual	0 (0.0%)	2 (2.3%)	3 (3.4%)
Bloating			
<i>Week 1</i>			
Did not experience	23 (79.3%)	17 (58.6%)	13 (44.8%)
No more than usual	4 (13.8%)	2 (6.9%)	5 (17.2%)
Somewhat more than usual	2 (6.9%)	9 (31.0%)	8 (27.6%)
Much more than usual	0 (0.0%)	1 (3.4 %)	3 (10.3%)
<i>Week 2</i>			
Did not experience	21 (72.4%)	17 (58.6%)	13 (44.8%)
No more than usual	7 (24.1%)	3 (10.3%)	5 (17.2%)
Somewhat more than usual	1 (3.4 %)	7 (24.1%)	8 (27.6%)
Much more than usual	0 (0.0%)	2 (6.9%)	3 (10.3%)
<i>Week 3</i>			
Did not experience	21 (72.4%)	16 (55.2%)	13 (44.8%)
No more than usual	3 (10.3%)	2 (6.9%)	5 (17.2%)
Somewhat more than usual	5 (17.2%)	10 (34.5%)	9 (31.0%)
Much more than usual	0 (0.0%)	1 (3.4 %)	2 (6.9%)
<i>All weeks combined</i>			
Did not experience	65 (74.7%)	50 (57.5%)	39 (44.8%)
No more than usual	14 (16.1%)	7 (8.0%)	15 (17.2%)
Somewhat more than usual	8 (9.2%)	26 (29.9%)	25 (28.7%)

Much more than usual	0 (0.0%)	4 (4.6%)	8 (9.2%)
GI Rumbling			
<i>Week 1</i>			
Did not experience	19 (65.5%)	14 (48.3%)	11 (37.9%)
No more than usual	8 (27.6%)	5 (17.2%)	5 (17.2%)
Somewhat more than usual	2 (6.9%)	7 (24.1%)	11 (37.9%)
Much more than usual	0 (0.0%)	3 (10.3%)	2 (6.9%)
<i>Week 2</i>			
Did not experience	17 (58.6%)	13 (44.8%)	12 (41.4%)
No more than usual	10 (34.5%)	8 (27.6%)	7 (24.1%)
Somewhat more than usual	2 (6.9%)	7 (24.1%)	6 (20.7%)
Much more than usual	0 (0.0%)	1 (3.4%)	4 (13.8%)
<i>Week 3</i>			
Did not experience	18 (62.1%)	14 (48.3%)	13 (44.8%)
No more than usual	10 (34.5%)	8 (27.6%)	10 (34.5%)
Somewhat more than usual	1 (3.4%)	6 (20.7%)	3 (10.3%)
Much more than usual	0 (0.0%)	1 (3.4%)	3 (10.3%)
<i>All weeks combined</i>			
Did not experience	54 (62.1%)	41 (47.1%)	36 (41.4%)
No more than usual	28 (32.2%)	21 (24.1%)	22 (25.3%)
Somewhat more than usual	5 (5.7%)	20 (23.0%)	20 (23.0%)
Much more than usual	0 (0.0%)	5 (5.7%)	9 (10.3%)
Gas/Flatulence			
<i>Week 1</i>			
Did not experience	4 (13.8%)	3 (10.3%)	1 (3.4%)
No more than usual	22 (75.9%)	9 (31.0%)	7 (24.1%)
Somewhat more than usual	3 (10.3%)	11 (37.9%)	11 (37.9%)
Much more than usual	0 (0.0%)	6 (20.7%)	10 (34.5%)
<i>Week 2</i>			
Did not experience	7 (24.1%)	2 (6.9%)	3 (10.3%)
No more than usual	19 (65.5%)	10 (34.5%)	4 (13.8%)
Somewhat more than usual	3 (10.3%)	10 (34.5%)	11 (37.9%)
Much more than usual	0 (0.0%)	7 (24.1%)	11 (37.9%)
<i>Week 3</i>			
Did not experience	5 (17.2%)	3 (10.3%)	2 (6.9%)
No more than usual	23 (79.3%)	11 (37.9%)	8 (27.6%)
Somewhat more than usual	1 (3.4%)	10 (34.5%)	13 (44.8%)
Much more than usual	0 (0.0%)	5 (17.2%)	6 (20.7%)
<i>All weeks combined</i>			
Did not experience	16 (18.4%)	8 (9.2%)	6 (6.9%)
No more than usual	64 (73.6%)	30 (34.5%)	19 (21.8%)
Somewhat more than usual	7 (8.0%)	31 (35.6%)	35 (40.2%)
Much more than usual	0 (0.0%)	18 (20.7%)	27 (31.0%)
Abdominal Pain			
<i>Week 1</i>			
Did not experience	27 (93.1%)	24 (82.8%)	20 (69.0%)
No more than usual	1 (3.4%)	0 (0.0%)	1 (3.4%)
Somewhat more than usual	0 (0.0%)	4 (13.8%)	8 (27.6%)
Much more than usual	1 (3.4%)	1 (3.4%)	0 (0.0%)

Week 2

Did not experience	24 (82.8%)	24 (82.8%)	25 (86.2%)
No more than usual	3 (10.3%)	0 (0.0%)	0 (0.0%)
Somewhat more than usual	1 (3.4 %)	3 (10.3%)	3 (10.3%)
Much more than usual	1 (3.4 %)	2 (6.9%)	1 (3.4 %)

Week 3

Did not experience	26 (89.7%)	24 (82.8%)	22 (75.9%)
No more than usual	2 (6.9%)	1 (3.4 %)	0 (0.0%)
Somewhat more than usual	1 (3.4 %)	4 (13.8%)	4 (13.8%)
Much more than usual	0 (0.0%)	0 (0.0%)	3 (10.3%)

All weeks combined

Did not experience	77 (88.5%)	72 (82.8%)	67 (77.0%)
No more than usual	6 (6.9%)	1 (1.1%)	1 (1.1%)
Somewhat more than usual	2 (2.3%)	11 (12.6%)	15 (17.2)
Much more than usual	2 (2.3%)	3 (3.4%)	4 (4.6%)

Diarrhea*Week 1*

Did not experience	28 (96.6%)	28 (96.6%)	28 (96.6%)
No more than usual	0 (0.0%)	1 (3.4 %)	0 (0.0%)
Somewhat more than usual	1 (3.4 %)	0 (0.0%)	1 (3.4 %)
Much more than usual	0 (0.0%)	0 (0.0%)	0 (0.0%)

Week 2

Did not experience	28 (96.6%)	27 (93.1%)	27 (93.1%)
No more than usual	1 (3.4 %)	1 (3.4 %)	1 (3.4 %)
Somewhat more than usual	0 (0.0%)	1 (3.4 %)	1 (3.4 %)
Much more than usual	0 (0.0%)	0 (0.0%)	0 (0.0%)

Week 3

Did not experience	28 (96.6%)	28 (96.6%)	23 (79.3%)
No more than usual	0 (0.0%)	0 (0.0%)	2 (6.9%)
Somewhat more than usual	1 (3.4 %)	1 (3.4 %)	3 (10.3%)
Much more than usual	0 (0.0%)	0 (0.0%)	1 (3.4 %)

All weeks combined

Did not experience	84 (96.6%)	83 (95.4%)	78 (89.7%)
No more than usual	1 (1.1%)	2 (2.3%)	3 (3.4%)
Somewhat more than usual	2 (2.3%)	2 (2.3%)	5 (5.7%)
Much more than usual	0 (0.0%)	0 (0.0%)	1 (1.1%)
