

Supplementary Table 1 Ranking of primary and secondary outcomes

Ranking	Outcome
Primary	Change in IBS-SSS total score on day 56 from baseline (Day 0) in comparison to placebo
Secondary #1	Change in IBS-SSS total score on day 28 from baseline (Day 0) in comparison to placebo
Secondary #2	Change in APS-NRS scores on day 56 from baseline (Day 0) in comparison to placebo
Secondary #3	Change in APS-NRS scores on day 28 from baseline (Day 0) in comparison to placebo
Secondary #4	Stool consistency responders, via BSS, on day 56 in comparison to placebo
Secondary #5	Stool consistency responders, via BSS, on day 56 in comparison to placebo
Secondary #6	Percent responders defined by clinically significant IBS-SSS total score improvement on day 56 in comparison to placebo
Secondary #7	Change in IBS- QOL score on day 56 from baseline (Day 0) in comparison to placebo
Secondary #8	Change in IBS- QOL score on day 56 from baseline (Day 0) in comparison to placebo
Exploratory	Change in PSS score on day 28 and 56 from baseline (Day 0) in comparison to placebo
Exploratory	Change in fecal microbial profile on day 0 and day 56

IBS-SSS: irritable bowel syndrome-severity scoring system; APS-NRS: abdominal pain severity - numeric rating scale; BSS: Bristol stool scale; IBS-QoL: irritable bowel syndrome-quality of life; PSS: perceived stress scale

Supplementary Table 2 Safety variables over the intervention period

	Placebo (n 104) Mean (SD)	<i>L. plantarum</i> 1B (n 104) Mean (SD)	<i>L. plantarum</i> 10B (n 99) Mean (SD)	P Value†
Systolic BP (mmHG)				
Day 0	120.36 (8.32)	119.91 (8.94)	120.01 (8.93)	
Day 28	119.53 (7.75)	118.94 (8.79)	118.53 (8.88)	0.5223
Day 56	118.24 (8.07)	118.05 (9.24)	118.09 (9.62)	0.9402
Diastolic BP (mmHG)				
Day 0	79.12 (5.14)	78.87 (4.87)	78.94 (4.27)	
Day 28	79.37 (4.41)	79.48 (4.48)	78.79 (4.51)	0.3486
Day 56	78.62 (4.74)	78.47 (5.56)	78.28 (5.99)	0.8729
Pulse rate (BPM)				
Day 0	78.75 (7.57)	77.96 (6.42)	78.47 (7.54)	
Day 28	77.91 (6.73)	77.32 (7.13)	77.71 (7.34)	0.9501
Day 56	78.72 (6.64)	77.43 (6.59)	77.45 (7.20)	0.3799

†ANCOVA with treatment as factor and baseline as covariate

BP: blood pressure

Supplementary Table 3 Dietary intake over the intervention period

	Placebo (n 104) Mean (SD)	<i>L. plantarum</i> 1B (n 104) Mean (SD)	<i>L. plantarum</i> 10B (n 99) Mean (SD)	P Value†
Total caloric intake (kcal/ day)				
Day 0	1747.0 (443.1)	1830.6 (441.7)	1814.3 (376.4)	
Day 28	1854.3 (474.7)	1898.7 (449.7)	1891.4 (411.9)	0.9086
Day 56	1894.5 (454.4)	1906.7 (434.3)	1949.5 (388.4)	0.6741
Protein (gram/ day)				
Day 0	73.76 (21.68)	77.62 (25.80)	80.60 (24.29)	
Day 28	78.27 (23.56)	80.07 (24.18)	78.59 (19.94)	0.5593
Day 56	77.41 (26.02)	77.41 (22.34)	78.91 (20.80)	0.8730
Carbohydrates (gram/ day)				
Day 0	238.52 (85.16)	239.33 (69.69)	234.67 (56.38)	
Day 28	242.47 (68.82)	255.71 (78.90)	253.40 (71.71)	0.2867
Day 56	246.69 (81.55)	238.24 (66.03)	258.82 (63.79)	0.1126
Fat (gram/ day)				
Day 0	55.37 (18.76)	59.20 (17.14)	59.00 (17.37)	
Day 28	61.32 (18.97)	64.19 (22.29)	62.32 (21.71)	0.8581
Day 56	64.56 (25.58)	64.68 (20.92)	66.78 (23.85)	0.7799
Fiber (gram/ day)				
Day 0	25.10 (9.24)	26.41 (8.85)	26.59 (8.64)	
Day 28	26.71 (7.91)	27.09 (8.16)	27.85 (9.87)	0.8207
Day 56	26.53 (9.84)	25.50 (7.30)	27.75 (7.84)	0.2289

† ANCOVA with treatment as factor and baseline as covariate