Supplementary Table 2 title:

Procedures, measurements and employed questionnaires over the course of the study: an overview.

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| --- | --- | --- | --- | --- |
|  | Screening | P1 (Baseline) | P2 (Week 4) | P3 (Week 8) |
| Informed Consent | x |  |  |  |
| In- and exclusion criteria assessment | x |  |  |  |
| Sociodemographic data | x | x |  | x |
| Randomization |  | x |  |  |
| Blood sample collection |  | x | x | x |
| Urine sample collection |  | x | x | x |
| Feces sample collection |  | x |  | x |
| Weighed Food Diary |  | x |  | x |
| Questionnaire: BSFS |  | x | x | x |
| Questionnaire: GIQLI |  | x | x | x |
| Questionnaire: CCFIS |  | x | x | x |
| Questionnaire: MASSS |  | x |  | x |
| Questionnaire: IPAQ |  | x |  | x |

Supplementary Table 2 legend: Supplementary Table 2 shows what was done at which point of the study. BSFS = Bristol Stool Form Scale; GIQLI = Gastrointestinal Quality of Life Index; CCFIS = Cleveland Clinic Fecal Incontinence Score; MASSS = MacArthur Scale of Subjective Social Status; IPAQ = International Physical Activity Questionnaire.