Supplementary Table 6 title: Bowel health-related adverse events by assigned diet group

|  |  |  |  |
| --- | --- | --- | --- |
| Participant number | Assigned diet | Adverse event | When? |
| # 06 | Meat-rich diet | Postprandial sleepiness, concentration problems, abdominal discomfort | Reported at week 4 and week 8 |
| # 11 | Meat-rich diet | Postprandial abdominal discomfort, intermittent epigastric abdominal pain | Reported at week 4 and week 8 |
| # 17 | Meat-rich diet | Postprandial abdominal discomfort | Reported at week 4 |
| # 17 | Meat-rich diet | Gastrointestinal infection with vomiting, diarrhea and abdominal discomfort; most likely subsequent to the consumption of rotten meat. | Reported at week 7 |
| # 23 | Meat-rich diet | Abdominal discomfort | Reported at week 4 |
| # 28 | Vegan diet | Epigastric pain / stomach pain for approximately three days, self-limiting | Reported at week 8 |
| # 29 | Meat-rich diet | Gastrointestinal infection with vomiting, diarrhea for six days and mild abdominal discomfort; | Reported at week 4 |
| # 53 | Vegan diet | Intermittent bloating | Reported at week 4 |
| # 57 | Vegan diet | Loss of appetite, most likely related to a sudden decease of a family member | Reported at week 8 |
| # 67 | Meat-rich diet | Irregular eating due to stress at work with slight abdominal discomfort | Reported at week 4 |
| # 67 | Meat-rich diet | Constipation for approximately 3 consecutive days | Reported at week 8 |
| # 73 | Meat-rich diet | Intermittent bloating | Reported at week 4 |

Supplementary Table 6 legend: Supplementary Table 6 summarizes bowel health-related adverse events reported by the study participants over the course of the study. Two participants (#17 and #29) had clinical signs of a gastrointestinal infection and reported intake of potentially rotten meat. These events happened independent of each other at different time points. Twelve adverse events were reported in total, whereby the majority of events occurred in the meat-rich diet group.