

Hautaniemi et al., Supplemental Digital Content 2.

Reported lifestyle modifications during the study. Number of subjects with each type of modification.

	LTP5+PSe (n=36)	LTP25+PSe (n=35)	Placebo (n=33)	All (n=104)
Addition of breakfast into daily meal rhythm	0	1	0	1
Change of vegetable oil based spread to butter based spread	0	0	1	1
Increased intake of fatty meat or dairy products	0	0	3	3
Increased intake of fermented milk products (in addition of study products)	0	1	0	1
Increased intake of fish and chicken	0	1	0	1
Increased functional exercise	0	1	0	1
Increased intake of vegetables and/or fruits	1	3	3	7
Minor changes in the use of vitamin and mineral products or natural products	7	4	5	16
Reduced intake of alcohol	0	2	0	2
Reduced intake of eggs	0	1	0	1
Reduced exercise	1	0	0	1
Reduced intake of fatty meat or dairy products	1	3	1	5
Reduced intake of sweets	1	2	2	5
Reduced portion size	3	0	1	4
Reduced use of salt in cooking	0	0	1	1
Discontinued usage of butter on bread	0	1	0	1