

**Supplemental Table 1.** Anthropometric and Physical activity measurements at baseline and week 10.

<b>Variables</b>		<b>Probiotic yogurt group (n=39)</b>	<b>Ordinary yogurt group (n=39)</b>	<b>P- value</b>
<b>Height (cm)</b>		168.00 (162,180)	175.00 (165,180)	0.255 <sup>b</sup>
<b>Weight (kg)</b>	<b>Baseline</b>	74.62 ± 10.26	76.10 ± 11.44	0.550 <sup>a</sup>
	<b>Week 10</b>	74.38 ± 10.26	75.87 ± 11.38	0.546 <sup>a</sup>
<b>Body Mass Index (kg/m<sup>2</sup>)</b>	<b>Baseline</b>	26.61 (24.69,27.42)	26.25 (23.43,27.77)	0.912 <sup>b</sup>
	<b>Week 10</b>	26.17 (24.50,28.19)	26.17 (23.06,28.00)	0.807 <sup>b</sup>
<b>Physical activity (MET-min/week)</b>	<b>Baseline</b>	878.00 (577.00,2074.00)	800.00 (99.00,2497.00)	0.664 <sup>b</sup>
	<b>Week 10</b>	746.00 (470.00,2022.00)	800.00 (330.00,1912.00)	0.869 <sup>b</sup>

Note: Data are presented as mean (SD) for Parametric quantitative data and median (25th and 75th percentile) for nonparametric quantitative data.

<sup>a</sup> P value for between-group comparison of parametric quantitative data using independent-sample t-test.

<sup>b</sup> P value for between-group comparison of nonparametric quantitative data using Mann–Whitney U-test.

**Supplemental Table 2** Intake of energy and some nutrients in the study groups at the baseline and after 10 weeks.

Items	Baseline			After 10 weeks		
	Probiotic yogurt group (n=39)	Ordinary yogurt group (n=39)	<i>P</i> - value	Probiotic yogurt group (n=39)	Ordinary yogurt group (n=39)	<i>P</i> - value
<b>Energy (kcal/d)</b>			0.656			0.745
	1473.50(1385.00,1591.00)	1493.50(1329.00,1875.50)	b	1471.50(1273.00,1616.50)	1423.50(1297.00,1593.00)	b
<b>Total protein (g/d)</b>	64.87(55.38,79.60)	77.69(59.60,86.09)	0.054	60.20 ± 17.49	64.02 ± 14.62	0.298
			b			b
<b>Total carbohydrates (g/d)</b>	218.80(184.55,253.95)	202.40(180.45,279.10)	0.532	208.89 ± 49.39	213.27 ± 42.70	0.676
			b			a
<b>Total fat (g/d)</b>	41.24(31.39,47.95)	44.82(38.41,51.60)	0.083	43.66 ± 12.93	42.63 ± 15.56	0.752
			b			a
<b>SFA (g/d)</b>	12.18 ± 3.71	13.79 ± 4.87	0.106	10.45(9.11,14.98)	11.49(9.88,13.90)	0.730
			a			b
<b>MUFA (g/d)</b>	12.94(11.19,16.29)	14.92(12.71,18.91)	<b>0.037</b>	15.52 ± 5.74	14.61 ± 6.72	0.521
			b			a
<b>PUFA (g/d)</b>	9.03(5.37,11.78)	8.22(7.22,10.98)	0.387	9.88 ± 4.23	8.98 ± 4.52	0.366
			b			a
<b>Cholesterol (mg/d)</b>	182.50 (133.65,283.28)	231.00 (196.10,325.95)	<b>0.027</b>	209.45 (111.51,280.25)	175.95 (119.39,221.90)	0.163
			b			b
<b>Fiber (g/d)</b>	12.87 (9.56,17.77)	14.00 (9.49,14,76)	0.932	12.85 ± 4.23	14.11 ± 5.03	0.234

			b			a
<b>Sodium (mg/d)</b>	1049.45 (779.60,1561.50)	979.90 (743.10,1271.10)	0.292	833.45 (629.45,1246.00)	825.70 (666.55,1153.65)	0.940
			b			b
<b>Potassium (mg/d)</b>	2005.50 (1431.50,2593.00)	2147.50 (1783.00,2748.00)	0.163	2012.00 (1352.00,2371.00)	1930.00 (1496.00,2360.50)	0.838
			b			b
<b>Iron (mg/d)</b>	14.19 (9.88,21.03)	14.58 (9.59,19.56)	0.723	15.50 (9.27,18.82)	13.17 (10.96,16.71)	0.664
			b			b
<b>Magnesium (mg/d)</b>	173.60 (116.70,201.55)	191.35 (147.00,211.85)	0.182	171.35 (118.33,192.35)	160.77 (142.60,228.90)	0.236
			b			b
<b>Vitamin B1 (mg/d)</b>	1.40 (1.24,1.64)	1.35 (1.20,1.69)	0.667	1.38 ± 0.27	1.43 ± 0.31	0.670
			b			a
<b>Vitamin B9 (Ug/d)</b>	189.65 (127.80,293.30)	190.10 (140.05,267.75)	0.614	190.05 (101.68,284.00)	202.40 (129.18,318.85)	0.182
			b			b
<b>Beta-carotene (Ug/d)</b>	129.86 (79.50,526.93)	186.05 (77.76,380.55)	0.693	111.24 (56.43,303.90)	181.130 (55.01,284.45)	0.593
			b			b
<b>Calcium (mg/d)</b>	489.72 ± 159.22	576.61 ± 145.93	<b>0.014</b>	454.53 ± 165.31	486.81 ± 146.85	0.365
			a			a

Note: Data are presented as mean (SD) for Parametric quantitative data and median (25th and 75th percentile) for nonparametric quantitative data.

<sup>a</sup> P value for between-group comparison of parametric quantitative data using independent-sample t-test.

<sup>b</sup> P value for between-group comparison of nonparametric quantitative data using Mann–Whitney U-test.

Abbreviations: SFA, Saturated fatty acid; MUFA, Mono unsaturated fatty acid; PUFA, Poly unsaturated fatty acid.

Bold P-values are statistically significant (<0.05)

### Supplemental Table 3. Medications intake by participants during the study

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#### Groups

Medication	Dose/day			P-value
		Probiotic yogurt group (n=39)	Ordinary yogurt group (n=39)	
Furosemide, n (%)	Not taking	17 (43.6)	16 (41.0)	0.985*
	20 mg	7 (17.9)	8 (20.5)	
	40 mg	5 (12.8)	7 (17.9)	
	60 mg	3 (7.7)	3 (7.7)	
	80 mg	5 (12.8)	4 (10.3)	
	160 mg	2 (5.1)	1 (2.6)	
Warfarin, n (%)	Not taking	35 (89.7)	34 (87.2)	1.00*
	5 mg	2 (5.1)	3 (7.7)	
	25 mg	2 (5.1)	2 (5.1)	
Spironolactone, n (%)	Not taking	15 (38.5)	10 (25.6)	0.368*
	12.5 mg	3 (7.7)	1 (2.6)	
	25 mg	20 (51.3)	24 (61.5)	
	50 mg	1 (2.6)	3 (7.7)	
	75mg	0 ( 0)	1 (2.6)	
Valsartan, n (%)	No taking	29 (74.4)	30 (76.9)	0.859*
	80 mg	5 (12.8)	3 (7.7)	

	<b>160 mg</b>	5 (12.8)	6 (15.4)	
<b>Carvedilol, n (%)</b>	<b>No taking</b>	20 (51.3)	17 (43.6)	0.895*
	<b>6.25 mg</b>	11 (28.2)	11 (28.2)	
	<b>12.5 mg</b>	6 (15.4)	7 (17.9)	
	<b>25 mg</b>	2 (5.1)	3 (7.7)	
	<b>37.5 mg</b>	0 (0)	1 (2.6)	
<b>Atorvastatin, n (%)</b>	<b>No taking</b>	18 (46.2)	21 (53.8)	0.702*
	<b>20 mg</b>	18 (46.2)	14 (35.9)	
	<b>40 mg</b>	3 (7.7)	4 (10.3)	
<b>Lisinopril, n (%)</b>	<b>No taking</b>	23 (59.0)	18 (46.2)	0.732*
	<b>2.5 mg</b>	2 (5.1)	2 (5.1)	
	<b>5 mg</b>	8 (20.5)	11 (28.2)	
	<b>10 mg</b>	6 (15.4)	8 (20.5)	
<b>Eplerenone, n (%)</b>	<b>No taking</b>	36 (92.3)	36 (92.3)	1.00*
	<b>25 mg</b>	2 (5.1)	1 (2.6)	
	<b>50 mg</b>	1 (2.6)	2 (5.1)	

<b>Aspirin, n (%)</b>	<b>No taking</b>	16 (41.0)	18 (46.2)	0.648*
	<b>80 mg</b>	23 (59.0)	21 (53.8)	
<b>Hydralazine, n (%)</b>	<b>No taking</b>	37 (94.9)	37 (94.9)	1.00*
	<b>25 mg</b>	2 (5.1)	2 (5.1)	
<b>Losartan, n (%)</b>	<b>No taking</b>	36 (92.3)	38 (97.4)	0.615*
	<b>50 mg</b>	1 (2.6)	0 (0)	
	<b>100 mg</b>	2 (5.1)	1 (2.6)	
<b>Metoprolol, n (%)</b>	<b>NO taking</b>	31 (79.5)	35 (89.7)	0.209*
	<b>100 mg</b>	8 (20.5)	4 (10.3)	
<b>Bisoprolol, n (%)</b>	<b>No taking</b>	28 (71.8)	28 (71.8)	*1.00
	<b>2.5 mg</b>	6 (15.4)	7 (17.9)	
	<b>5 mg</b>	5 (12.8)	4 (10.3)	

\*: *P* value for between-group comparison of qualitative data using Chi-square or Fisher's exact test.

