## Supplementary Table

**Supplementary Table 1. Dietary intake[1]**

| Variables | Placebo | *Weissella cibaria* CMS1 | P-value[2] | | |
|---|---|---|---|---|---|
| | | | Group | Week | Group*Week |
| Energy (kcal/d) | | | | | |
| Week 0 | 1290.3 ± 62.1 | 1241.5 ± 62.1 | | | |
| Week 6 | 1383.7 ± 65.3 | 1506.3 ± 66.0 | | | |
| Week 12 | 1406.7 ± 65.3 | 1485.8 ± 66.0 | 0.467 | <0.001 | 0.210 |
| P-value[3] | 0.103 | 0.001 | | | |
| Carbohydrate (g/d) | | | | | |
| Week 0 | 194.2 ± 10.1 | 187.1 ± 10.1 | | | |
| Week 6 | 212.4 ± 10.6 | 222.2 ± 10.7 | | | |
| Week 12 | 224.2 ± 10.6 | 225.3 ± 10.7 | 0.907 | <0.001 | 0.626 |
| P-value[3] | 0.016 | 0.002 | | | |
| Protein (g/d) | | | | | |
| Week 0 | 47.0 ± 3.0 | 46.8 ± 3.0 | | | |
| Week 6 | 52.9 ± 3.2 | 61.6 ± 3.2 | | | |
| Week 12 | 52.0 ± 3.2 | 56.4 ± 3.2 | 0.178 | 0.001 | 0.249 |
| P-value[3] | 0.190 | 0.012 | | | |
| Fat (g/d) | | | | | |
| Week 0 | 36.1 ± 3.1 | 34.4 ± 3.1 | | | |
| Week 6 | 36.8 ± 3.2 | 41.2 ± 3.3 | | | |
| Week 12 | 36.3 ± 3.2 | 39.9 ± 3.3 | 0.517 | 0.357 | 0.475 |
| P-value[3] | 0.963 | 0.159 | | | |
| Sodium (mg/d) | | | | | |
| Week 0 | 2644.9 ± 220.4 | 2856.6 ± 220.4 | | | |
| Week 6 | 3113.5 ± 232.0 | 3171.8 ± 234.6 | | | |
| Week 12 | 2928.4 ± 232.0 | 3056.4 ± 234.6 | 0.588 | 0.099 | 0.916 |
| P-value[3] | 0.273 | 0.443 | | | |

1) LSmean ± SE (all such values).
2) Linear mixed-effect model was used to analyze the effects of group, week, and group*week.
3) Linear mixed-effect model was used to analyze the difference within each group.