

Table S1. Metabolite production expressed as ammonia and lactate (Mean, SD (standard deviation), CV (coefficient of variation)).

Metabolite	Treatment	Mean ($\mu\text{mol/L}$)	SD	CV
Ammonia	Control	3703.10	84.74	2.29
	<i>L. rhamnosus</i>	3429.86	118.64	3.46
	<i>L. reuteri</i>	3585.65	454.21	12.67
	<i>L. salivarius</i>	3556.89	203.38	5.72
	Almidón	3101.49	33.90	1.09
	Almidón resistente	3053.56	393.20	12.88
	Pectina	1826.38	244.05	13.36
	B-glucano	1951.02	386.42	19.81
	Almidón - <i>L. rhamnosus</i>	3856.49	132.20	3.43
	Almidón resistente - <i>L. rhamnosus</i>	3906.83	176.26	4.51
	Pectina - <i>L. rhamnosus</i>	2976.86	40.68	1.37
	B-glucano - <i>L. rhamnosus</i>	3307.62	311.85	9.43
	Almidón - <i>L. reuteri</i>	4239.98	37.29	0.88
	Almidón resistente - <i>L. reuteri</i>	4364.62	57.62	1.32
	Pectina - <i>L. reuteri</i>	3281.25	233.88	7.13
	B-glucano - <i>L. reuteri</i>	3465.81	67.79	1.96
	Almidón - <i>L. salivarius</i>	4467.68	47.45	1.06
	Almidón resistente - <i>L. salivarius</i>	4412.56	84.74	1.92
	Pectina - <i>L. salivarius</i>	3647.97	189.82	5.20
	B-glucano - <i>L. salivarius</i>	3863.68	535.56	13.86
Lactate	Control	45.72	2.29	5.01
	<i>L. rhamnosus</i>	1694.07	24.30	1.43
	<i>L. reuteri</i>	69.71	9.63	13.81
	<i>L. salivarius</i>	1048.87	64.65	6.16
	Almidón	55.77	1.83	3.29
	Almidón resistente	50.25	5.04	10.04
	Pectina	80.41	10.09	12.55
	B-glucano	149.79	47.69	31.84
	Almidón - <i>L. rhamnosus</i>	1593.24	45.85	2.88
	Almidón resistente - <i>L. rhamnosus</i>	1583.19	374.61	23.66
	Pectina - <i>L. rhamnosus</i>	1189.99	55.46	4.66
	B-glucano - <i>L. rhamnosus</i>	905.08	9.93	1.10
	Almidón - <i>L. reuteri</i>	111.11	13.35	12.02
	Almidón resistente - <i>L. reuteri</i>	252.71	71.89	28.45
	Pectina - <i>L. reuteri</i>	99.00	8.56	8.64
	B-glucano - <i>L. reuteri</i>	320.98	17.80	5.55
	Almidón - <i>L. salivarius</i>	1352.65	16.43	1.21
	Almidón resistente - <i>L. salivarius</i>	1339.82	35.26	2.63
	Pectina - <i>L. salivarius</i>	955.67	76.68	8.02
	B-glucano - <i>L. salivarius</i>	1228.72	171.16	13.93