

S1 Table. Energy and nutrient composition of the study products.

	Total daily amount (2 servings of drinks, 1 serving of biscuits)	
	CON	PDX
Calories (kcal)	333.25	329.91
Protein (g)	1.80	2.05
Carbohydrates (g)	67.38	61.03
of which sugars (g)	47.89	36.81
Fat (g)	6.13	6.79
of which saturates (g)	2.42	2.67
Fibre (g)	1.7	16.2

S2 Table. Fibre, micronutrient, and water intake of the background diet of the PDX and CON treatment group of the PP population¹.

		Dietary fibre (g) ²			Dietary fibre ³			Calcium (mg) ²			Vitamin C (mg) ²			Water (g) ²		
		Baseline	Intervention	Δ	Baseline	Intervention	Δ	Baseline	Intervention	Δ	Baseline	Intervention	Δ	Baseline	Intervention	Δ
PDX	Mean	17.4	16.4	-0.9	12.8	16.5	3.8	873	787	-86	129	99	-30	2246	2594	348
	SD	8	6.2	6.9	3.9	5.9	6.4	412	424	346	111	86	10	765	710	55
CON	Mean	16.3	14.3	-2	12.2	14.4	2.2	832	689	-143	113	91	-22	2282	2572	290
	SD	6.4	4.9	5.2	2.6	6.4	5.8	631	323	457	72	65	89	745	939	194
	p-value	0.65	0.25	0.87	0.48	0.15	0.41	0.27	0.51	0.95	0.71	1	0.7	0.85	0.71	0.9

¹ n = 51.² Estimated by 24 h recall.³ Estimated by the structured interview questionnaire. The total score is equivalent to the dietary fibre intake in grams per day.

* Significance of the difference between the study groups was analyzed with the Wilcoxon rank sum test.

S3 Table. Baseline characteristics of the PDX and CON treatment group of the PP population¹.

	PDX	CON	p-value*
Gender, males/females (%)	6 (23%) / 20 (77%)	6 (24%) / 19 (76%)	1
Ethnic origin, Caucasians/Asians (%)	25 (96%) / 1 (4%)	24 (96%) / 1 (4%)	1
Age, mean years (SD)	46.9 (16.3)	49.8 (12.7)	0.6
Body weight, mean kg (SD)	70.8 (11.9)	68.6 (12.4)	0.6
Height, mean cm (SD)	167.1 (8.9)	166 (9.4)	0.5
BMI, mean kg/m ² (SD)	25.3 (3)	24.8 (2.7)	0.5
Defaecations, days per week (SD)	3.7 (0.7)	3.9 (0.7)	0.5

¹ n = 51.

* Significance of the independence of the variables and study groups was analyzed with the Pearson chi-square test, while significance of the difference between the study groups was analyzed with the Wilcoxon rank sum test.

S4 Table. Energy (E) and macronutrient intake of the background diet of the PDX and CON treatment group of the PP population^{1,2}.

	Energy (kJ)			Protein (%E)			Fat (%E)			Saturated fatty acids			Monounsaturated fatty			Polyunsaturated fatty			Carbohydrates (%E)			
	Bas	In	Δ	Ba	In	Δ	Ba	In	Δ	Ba	In	Δ	Ba	In	Δ	Ba	In	Δ	Ba	In	Δ	
	elin	te		se	te		sel	er		sel	er		sel	er		elin	er		elin	er		
	e	rv		lin	rv		in	ve		in	ve		in	rv		e	ve		ine	rv		
P	Me	631	61	-16	19	2	1.8	36	36	-0.	14	13	-1.	12	13	0.3	5.	6.	0.	4	4	-3
D	SD	184	20	154	5.	8.	5.4	12	8.	9.4	5.	4.	4.	5.	4.	4.5	2.	2.	3.	1	1	1
X		7	31	3	4	1		7		3	1	1	5	4	4	9	5	1	0.	1.	0.	
C	Me	668	63	-32	17	1	0.1	34	39	5.5	12	15	2.	12	14	1.8	5.	6.	0.	4	3	-5
O	an	2	60	3	.3	7.		.4	.9		.8	.6	8	.6	.3		7	2	5	5.	9.	.7
	SD	287	19	259	4.	6.	7.2	9.	9.	11.	4.	3.	4.	4.	5	5.7	2	3.7	4.	1	8.	1
		5	51	9	3	4		2	3	5	4	4	7	2					3	0.	8	2.
p-	val	0.98	0.	0.9	0.	0.	0.2	0.	0.	0.0	0.	0.	0.	1	0.	0.2	0.	0.6	0.	0.	0.	0.
		70	4	26	0	6	49	38	3	24	05	01		41	6	58	7	3	6	9	5	

¹ n = 51

² Estimated by 24 h recall

* Significance of the difference between the study groups was analyzed with the Wilcoxon rank