Supporting Information

Exclusion criteria: Complete list

Clinically relevant excursions of laboratory parameters; irritable bowel syndrome; acute or chronic disease of the gastrointestinal tract; presence of occult blood on screening; abdominal surgery within the last 6 months prior to study start; known pelvic floor dysfunction; acute or chronic kidney or urinary tract disease; susceptibility to development of uric acid or calcium-containing kidney stones; acute or chronic neurological or psychiatric illness; any serious organ or systemic diseases that could influence the outcome of the clinical trial; known sensitivity to the ingredients of the investigational product; use of any preparations that could affect the gastrointestinal tract (e.g. probiotics, laxatives, enema, obstipating drugs etc.) during the last 2 weeks and during the study; use of sympathomimetics and cardiac glycosides; magnesium and calcium supplementation during the study; intake of mineral water other than the investigational product during the study; pregnancy or nursing (women of childbearing potential); drug, alcohol or medication abuse; participation in another clinical trial during the last 30 days prior to study start; persons that are in relationship or dependence to the sponsor or the investigator; subject is a prisoner; presence of other factor(s) that, in the investigator's judgement, should preclude subject participation (i.e. compliance).

Laboratory Analyses: Results of further secondary efficacy endpoints

Liver and lipid metabolism function laboratory parameters: At screening, there were differences between the groups for GGT[1] (mineral water 24 U/l; placebo 17 U/l; *P* = .047), ALP[2] (mineral water 71 U/l; placebo 62 U/l; *P* = .049) and in the safety parameter uric acid (mineral water 285 µmol/l; placebo 258 µmol/l; *P* = .031), but these differences were not clinically relevant.
At visit 4, triglycerides were lower in the placebo group (mineral water 1.21 mmol/l; placebo 1.04 mmol/l; *P* = .033), but the difference was not clinically relevant.

Gut microbiota parameters: At visit 4, there was a change in potentially beneficial E. coli (less in the mineral water group; *P* = .038) and yeastlike fungi (more in the mineral water group; *P* = .009).

Safety laboratory parameters: At visit 4, there were changes in the safety parameters leucocytes (mineral water 6.6 µl; placebo 6.0 µl; *P* = .042) and uric acid (mineral water 289 µmol/l; placebo 265 µmol/l; *P* = .025), however not clinically relevant.

[1]GGT, gamma-glutamyltransferase
[2]ALP, alkaline phosphatase