

Table S1. Exclusion criteria

I. Medication within one month prior to informed consent
1. Antibiotic
2. Probiotic, prebiotic, symbiotic, or any food and drink containing probiotics
3. Anti-inflammatory drugs
4. Weight-loss medication
5. Systemic steroid
6. Medication for endocrine disorder
7. Alcohol or drug abuse

II. Medical history of
1. Myocardial infarction or stroke within 3 months prior to informed consent.
2. Liver disease
3. Chronic kidney disease with stage higher than 3B
4. Inflammatory gastrointestinal disorders such as Crohn's disease or colitis.
5. Cancer
6. Gastrointestinal tract surgeries

III. Take an investigational drug within 30 days prior to informed consent
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IV. Any other clinical condition that would jeopardize subjects' safety while participating in this clinical trial
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