### Supplementary Table 1. Distribution of mothers and babies in the experimental and control groups, according to their sociodemographic and obstetric characteristics (n=31)

| Variable                                | Probiotics | Control | Test value | P value |
|-----------------------------------------|------------|---------|------------|---------|
| Mother’s age (yr)                       | 25.58±5.04 |         | 0.034<sup>a</sup> | 0.853   |
| ≤24                                     | 7 (46.7)   | 8 (50.0) |            |         |
| ≥25                                     | 8 (53.3)   | 8 (50.0) |            |         |
| Mother’s weight during pregnancy        | 10.35±5.90 |         | 0.034<sup>a</sup> | 0.569   |
| 9 weight and less                       | 7 (46.7)   | 8 (50.0) |            |         |
| 10 weight and more                      | 8 (53.3)   | 8 (50.0) |            |         |
| Mother’s smoking status                 |            | -       | -          | -       |
| Yes                                     | 15 (100)   | 16 (100) |            |         |
| No                                      | -          | -       |            |         |
| Father’s smoking status                 |            | 0.045<sup>a</sup> | 0.561   |
| Yes                                     | 9 (60.0)   | 9 (56.2) |            |         |
| No                                      | 6 (40.0)   | 7 (43.8) |            |         |
| How to give breast milk                 |            | -       | -          | -       |
| Milking                                 | 0 (0)      | 0 (0)   |            |         |
| Breastfeeding                           | 15 (100)   | 16 (100) |            |         |
| Postnatal age of the baby (day)         | 30.20±2.21 | 29.56±1.82 | 0.878<sup>a</sup> | 0.387   |
| Gestational age (wk)                    | 39.32±0.87 | 39.10±1.16 | 0.591<sup>a</sup> | 0.559   |
| Sex of the baby                         |            | 0.059<sup>a</sup> | 0.553   |
| Girls                                   | 10 (66.7)  | 10 (65.5) |            |         |
| Boys                                    | 5 (33.3)   | 6 (37.5)  |            |         |
| Baby’s diet                             |            | 1.924<sup>a</sup> | 0.186   |
| Breast milk only                        | 14 (93.3)  | 12 (75.0) |            |         |
| Mixed                                   | 1 (6.7)    | 4 (25.0)   |            |         |
| Sum                                     | 15 (100)   | 16 (100)  |            |         |

Values are presented as number (%) unless otherwise indicated.
SD, standard deviation.
<sup>a</sup>Chi-square analysis.