**Supplementary Table 1.** Information listed on the labels of probiotic supplements.

| Product | Probiotic strain | Probiotic amount (x $10^6$ CFU / capsule or tablet) | Form | Manufacturing country |
|---------|------------------|-----------------------------------------------|------|----------------------|
| A       | L. casei L. rhamnosus L. acidophilus L. plantarum L. helveticus B. breve B. longum | 5880 6600 4200 4200 120 4500 4500 | Capsule | Canada |
| B       | L. acidophilus L. plantarum L. rhamnosus L. gasseri L. casei B. animalis | 16000 5000 1000 1000 1000 6000 | Capsule | Canada |
| C       | L. acidophilus L. casei L. rhamnosus L. salivarius B. bifidum B. longum | 2700 300 300 300 2100 300 | Tablet | Canada |
| D       | Lactobacillus Bifidobacterium Enterococcus | 10 10 10 | Powder | China |
| E       | Lactobacillus Bifidobacterium Streptococcus | 5 50 5 | Tablet | China |
| F       | L. reuteri | 20 / drop | Liquid | Canada |

Note:  
L. = *Lactobacillus*; B. = *Bifidobacterium*