

SUPPLEMENTARY TABLES**Supplementary Table 1.** Dietary intake of those who do and do not use probiotics.

Characteristics	Probiotics	No probiotics	p-value*
Diet			
Fiber in g/day (median, IQR)	22 (18-27)	22 (18-31)	0.26
Fat intake in % (median, IQR)	36 (33-49)	36 (33-40)	0.39
Vitamins	56 (25%)	172 (75%)	0.23
Artificial sweeteners	43 (29%)	103 (71%)	0.45
Alcohol			0.96
Less than weekly	50 (27%)	138 (73%)	
Weekly but less than every other day	40 (28%)	103 (72%)	
Every other day or more	40 (27%)	108 (73%)	

*Rank-sum test used for continuous variables and chi-squared test for categorical variables.

Supplementary Table 2. Multivariable logistic regression model for gastrointestinal symptoms predicting probiotic use.

Symptom	Unadjusted Odds ratio (95% CI)	Adjusted Odds ratio (95% CI)
Bloating	2.81 (1.80 – 4.39)	2.59 (1.52 – 4.44)
Constipation	1.84 (1.06 – 3.19)	1.27 (0.69 – 2.35)
Pain	1.69 (1.02 – 2.80)	1.02 (0.56 – 1.87)
Diarrhea	1.62 (0.92 – 2.85)	1.03 (0.55 – 1.94)
Swallowing problems	1.50 (0.58 – 3.86)	1.11 (0.41 – 3.02)
Heartburn	1.31 (0.82 – 2.10)	1.31 (0.82 – 2.10)
Incontinence	1.29 (0.51 – 3.25)	0.63 (0.22 – 1.77)