

Table S2. Neurometabolites' concentrations corrected to subject-dependent water content differences (normalized to R₁) with p-values in JB-1 treatment and placebo groups at baseline and after five and eight weeks stress protocol.

| Metabolites (mM*s) | Baseline | | After 5 weeks stress | | After 8 weeks stress | | p-values | | | | | | | | |
|-----------------------|------------|-------------|----------------------|------------|----------------------|------------|-------------|---------------|---------------|----------------------|---------------------|----------------------|----------------------|---------------------|----------------------|
| | JB-1 | Placebo | JB-1 | Placebo | JB-1 | Placebo | JB-1 vs. PB | | | Placebo | | | JB-1 | | |
| | | | | | | | baseline | After 5 weeks | After 8 weeks | 5 weeks vs. baseline | 8 weeks vs. 5 weeks | 8 weeks vs. baseline | 5 weeks vs. baseline | 8 weeks vs. 5 weeks | 8 weeks vs. baseline |
| tCho | 2.4 ± 0.1 | 2.4 ± 0.1 | 2.8 ± 0.3 | 2.5 ± 0.1 | 2.5 ± 0.1 | 2.3 ± 0.1 | | | | | | | | | |
| tCr | 14.9 ± 0.4 | 15.2 ± 0.3 | 15.4 ± 0.4 | 14.7 ± 0.5 | 14.6 ± 0.5 | 14.5 ± 0.3 | | | | | | | | | |
| GABA | 3.3 ± 0.2 | 3.4 ± 0.3 | 3.5 ± 0.2 | 2.9 ± 0.2 | 3.2 ± 0.2 | 2.7 ± 0.1 | | 0.09 | 0.1 | | | 0.1 | | | |
| Glu | 15.9 ± 0.4 | 16.6 ± 0.6 | 16.0 ± 0.5 | 15.2 ± 0.3 | 15.9 ± 0.4 | 15.1 ± 0.4 | | | | 0.06 | | 0.04 | | | |
| Gln | 7.0 ± 0.1 | 6.5 ± 0.3 | 6.8 ± 0.3 | 6.5 ± 0.1 | 6.5 ± 0.3 | 6.4 ± 0.2 | | | | | | | | | |
| GSH | 2.1 ± 0.1 | 2.3 ± 0.1 | 2.5 ± 0.3 | 2.0 ± 0.1 | 2.1 ± 0.1 | 1.9 ± 0.1 | | 0.06 | | | | 0.045 | 0.07 | 0.06 | |
| Gln+GSH | 9.1 ± 0.1 | 8.8 ± 0.3 | 9.3 ± 0.3 | 8.4 ± 0.1 | 8.6 ± 0.3 | 8.4 ± 0.2 | | 0.01 | | | | | | 0.07 | |
| Glx | 22.8 ± 0.4 | 23.2 ± 0.8 | 22.8 ± 0.5 | 21.5 ± 0.4 | 22.4 ± 0.6 | 21.7 ± 0.6 | | 0.09 | | | | | | | |
| m-Ins | 11.1 ± 0.5 | 10.6 ± 0.4 | 11.8 ± 0.6 | 11.0 ± 0.3 | 10.9 ± 0.2 | 11.2 ± 0.2 | | | | | | | | | |
| NAA | 14.0 ± 0.3 | 14.5 ± 0.5 | 14.1 ± 0.5 | 12.9 ± 0.4 | 13.7 ± 0.2 | 13.2 ± 0.3 | | 0.07 | | 0.06 | | 0.1 | | | |
| NAAG | 0.3 ± 0.0 | 0.2 ± 0.1 | 0.3 ± 0.1 | 0.3 ± 0.0 | 0.3 ± 0.0 | 0.3 ± 0.0 | | | | | | | | | |
| tNAA | 14.3 ± 0.3 | 14.7 ± 0.5 | 14.4 ± 0.4 | 13.3 ± 0.4 | 14.0 ± 0.2 | 13.5 ± 0.3 | | 0.07 | | 0.1 | | 0.06 | | | |
| Tau | 12.8 ± 0.3 | 12.9 ± 0.4 | 13.3 ± 0.5 | 12.1 ± 0.4 | 11.9 ± 0.5 | 11.6 ± 0.2 | | 0.08 | | | | 0.02 | | 0.02 | |
| MM | 91.0 ± 3.3 | 101.5 ± 3.6 | 90.1 ± 5.0 | 86.1 ± 2.9 | 91.2 ± 2.3 | 88.8 ± 3.3 | 0.06 | | | 0.008 | | 0.02 | | | |