

Table S1. Extraintestinal symptoms of the patients with SRMI, divided by system, in order of frequency.

Extraintestinal symptoms	SRMI ¹ (n=329) (%) (A+B+C)	SRMI ¹ Lactose tolerants ² (n=104) (%) (A)	SRMI ¹ Maldigesters/ Intolerants ³ (n=187) (%) (B)	SRMI ¹ Digesters/ Intolerants ⁴ (n=38) (%) (C)	P
Constitutional symptoms	18 (5.5)	5 (4.8)	12 (6.4)	1 (2.6)	NS ⁵
Fatigue	17 (5.2)	4 (3.8)	12 (6.4)	1 (2.6)	NS ⁵
Chills	1 (0.3)	1 (1.0)	0 (0.0)	0 (0.0)	NS ⁵
Skin disorders	18 (5.5)	6 (5.8)	11 (5.9)	1 (2.6)	NS ⁵
Itching	10 (3.0)	3 (2.9)	6 (3.2)	1 (2.6)	NS ⁵
Swelling under the skin	3 (0.9)	1 (1.0)	2 (1.1)	0 (0.0)	NS ⁵
Erythema and/or eczema	2 (0.6)	1 (1.0)	1 (0.5)	0 (0.0)	NS ⁵
Sweating	2 (0.6)	1 (1.0)	1 (0.5)	0 (0.0)	NS ⁵
Alopecia	1 (0.3)	0 (0.0)	1 (0.5)	0 (0.0)	NS ⁵
Urticaria-angioedema	1 (0.3)	1 (1.0)	0 (0.0)	0 (0.0)	NS ⁵
Skeletal disorders	4 (1.2)	1 (1.0)	3 (1.6)	0 (0.0)	NS ⁵
Myalgia	3 (0.9)	1 (1.0)	2 (1.1)	0 (0.0)	NS ⁵
Arthralgia	1 (0.3)	0 (0.0)	1 (0.5)	0 (0.0)	NS ⁵
Neurosensorial disorders	38 (11.6)	17 (16.3)	18 (9.6)	3 (7.9)	NS ⁵
Headache	33 (10.0)	15 (14.4)	15 (8.0)	3 (7.9)	NS ⁵
Anxiety	2 (0.6)	1 (1.0)	1 (0.5)	0 (0.0)	NS ⁵
Visual disturbances	2 (0.6)	1 (1.0)	1 (0.5)	0 (0.0)	NS ⁵
Tinnitus	1 (0.3)	0 (0.0)	1 (0.5)	0 (0.0)	NS ⁵
Oral disorders	8 (2.4)	3 (2.9)	5 (2.7)	0 (0.0)	NS ⁵
Dysphagia	4 (1.1)	2 (1.9)	2 (1.1)	0 (0.0)	NS ⁵
Glossitis	2 (0.6)	0 (0.0)	2 (1.1)	0 (0.0)	NS ⁵
Recurrent aphthous stomatitis	2 (0.6)	1 (1.0)	1 (0.5)	0 (0.0)	NS ⁵
Xerostomia	1 (0.3)	0 (0.0)	1 (0.5)	0 (0.0)	NS ⁵
Respiratory disorders	6 (1.8)	1 (1.0)	4 (2.1)	1 (2.6)	NS ⁵
Dyspnea	5 (1.5)	0 (0.0)	4 (2.1)	1 (2.6)	NS ⁵
Cough	1 (0.3)	0 (0.0)	0 (0.0)	1 (2.6)	NS ⁵
Sneezing	1 (0.3)	1 (1.0)	0 (0.0)	0 (0.0)	NS ⁵
Cardiovascular disorders (Palpitations, Tachycardia, Extrasystoles)	6 (1.8)	2 (1.9)	4 (2.1)	0 (0.0)	NS ⁵
Urinary disorders	2 (0.6)	0 (0.0)	1 (0.5)	1 (2.6)	NS ⁵
Incontinence	1 (0.3)	0 (0.0)	1 (0.5)	0 (0.0)	NS ⁵
Recurrent cystitis	1 (0.3)	0 (0.0)	0 (0.0)	1 (2.6)	NS ⁵

¹SRMI= Self-Reported Milk Intolerance; ²Lactose tolerant= Lactose Hydrogen Breath test positive or negative without symptoms within 24 hours after the test; ³Maldigesters/intolerants= Lactose Hydrogen Breath test positive with symptoms within 24 hours after the test; ⁴Digesters/intolerants= Lactose Hydrogen Breath test negative with symptoms within 24 hours after the test; ⁵NS=not significant

Table S2. Milk and products responsible for symptoms in patients with SRMI.

	SRMI¹ (n=329) (A+B+C)	SRMI¹ Lactose tolerants² (n=104) (%) (A)	SRMI¹ Maldigesters/ Intolerants³ (n=187) (%) (B)	SRMI¹ Digesters/ Intolerants⁴ (n=38) (%) (C)	<i>P</i>
Cow's milk	324 (98.5)	102 (98.1)	185 (98.9)	37 (97.4)	NS ⁵
Fresh dairy products	240 (72.9)	78 (75.0)	133 (71.1)	29 (76.3)	NS ⁵
Aged dairy products	97 (29.5)	35 (33.7)	48 (25.7)	14 (36.8)	NS ⁵

¹SRMI = Self-Reported Milk Intolerance; ²Lactose tolerants = Lactose Hydrogen Breath test positive or negative without symptoms within 24 hours after the test; ³Maldigesters/intolerants= Lactose Hydrogen Breath test positive with symptoms within 24 hours after the test; ⁴Digesters/intolerants= Lactose Hydrogen Breath test negative with symptoms within 24 hours after the test; ⁵NS=not significant.