

### **Supplementary material**

Table S1: Summary of routine hematology at baseline

Parameter	Pasteurized yogurt (n=48)	Fresh yoghurt (n=48)	Sterilized yogurt (n=25)
Erythrocytes ( $10^{18}$ /l)	$4.8 \pm 0.4$	$4.8 \pm 0.4$	$4.8 \pm 0.4$
Hemoglobin (g/l)	$14.6 \pm 1.2$	$14.6 \pm 1.3$	$14.5 \pm 1.2$
Hematocrit (%)	$42.7 \pm 3.3$	$42.8 \pm 3.3$	$42.3 \pm 3.6$
Reticulocytes (‰)	$16.0 \pm 4.4$	$15.8 \pm 3.0$	$17.5 \pm 5.7$
Leukocytes ( $10^9$ /l)	$6.8 \pm 1.6$	$6.6 \pm 1.4$	$6.2 \pm 1.5$
Neutrophils ( $10^9$ /l)	$3.5 \pm 0.9$	$3.4 \pm 0.9$	$3.2 \pm 1.0$
Eosinophils ( $10^9$ /l)	$0.2 \pm 0.2$	$0.2 \pm 0.1$	$0.2 \pm 0.1$
Basophils ( $10^9$ /l)	$0.0 \pm 0.0$	$0.0 \pm 0.0$	$0.0 \pm 0.0$
Granulocytes ( $10^9$ /l)	$3.8 \pm 1.0$	$3.7 \pm 1.0$	$3.4 \pm 1.0$
Lymphocytes ( $10^9$ /l)	$2.6 \pm 0.8$	$2.6 \pm 0.6$	$2.5 \pm 0.6$
Monocytes ( $10^9$ /l)	$0.4 \pm 0.1$	$0.4 \pm 0.1$	$0.3 \pm 0.1$
Platelets ( $10^6$ /l)	$0.3 \pm 0.1$	$0.2 \pm 0.0$	$0.2 \pm 0.0$

Table S2: Summary of routine biochemistry at baseline

Parameter	Pasteurized yogurt (n=48)	Fresh yoghurt (n=48)	Sterilized yogurt (n=25)
Serum iron ( $\mu$ d/dl)	$94.1 \pm 33.4$	$92.2 \pm 33.4$	$94.4 \pm 28.0$
Transferrin (mg/dl)	$265.8 \pm 46.3$	$265.7 \pm 29.2$	$255.4 \pm 50.2$
Glucose (mg/dl)	$87.0 \pm 10.2$	$89.5 \pm 9.4$	$88.9 \pm 9.7$
Urea (mg/dl)	$34.5 \pm 7.8$	$36.1 \pm 7.6$	$35.6 \pm 7.8$
Total cholesterol (mg/dl)	$198.1 \pm 35.2$	$198.9 \pm 37.7$	$189.24 \pm 37.2$
HDL cholesterol (mg/dl)	$67.7 \pm 16.6$	$73.9 \pm 17.0$	$65.5 \pm 20.5$
Triglycerides (mg/dl)	$89.4 \pm 58.5$	$82.0 \pm 50.0$	$89.7 \pm 27.0$
Creatinine (mg/dl)	$1.1 \pm 0.2$	$1.1 \pm 0.2$	$1.0 \pm 0.2$
Total bilirubin (mg/dl)	$0.6 \pm 0.2$	$0.6 \pm 0.1$	$0.6 \pm 0.1$
Serum proteins (g/dl)	$7.1 \pm 0.4$	$7.0 \pm 0.4$	$7.0 \pm 0.5$
Serum albumin (g/dl)	$4.2 \pm 0.2$	$4.3 \pm 0.3$	$4.3 \pm 0.3$
Sodium (mEq/l)	$140.6 \pm 2.4$	$140.7 \pm 2.5$	$140.6 \pm 2.4$
Potassium (mEq/l)	$4.3 \pm 0.3$	$4.3 \pm 0.3$	$4.3 \pm 0.3$
Chloride (mEq/l)	$103.9 \pm 2.5$	$104.4 \pm 2.7$	$104.9 \pm 2.9$
Glutamic oxaloacetic transaminase (IU/l)	$22.4 \pm 6.4$	$23.8 \pm 7.7$	$26.4 \pm 12.2$
Glutamic pyruvic transaminase (IU/l)	$20.5 \pm 9.0$	$21.7 \pm 8.3$	$28.7 \pm 25.6$

Table S3: Cytokine production following stimulation with CD3+CD28 from before (day -14) to the end of the intervention (day 42)

IL-6	0	Dia 0	Average	sd
			4238,93	3297,95
	21	Dia 21 - A	4426,68	2904,12
		Dia 21 - B	5262,11	3348,78
	42	Dia 21 - C	4912,23	3038,31
		Dia 42 - A	3788,05	2546,59
Dia 42 - B		3876,32	2576,6	
Dia 42- C		3819,78	2889,47	
IL-8		Total	6640,58	4718,62
	Day 21 (V3)	Grupo A	6974,37	3724,14
		Grupo B	8774,46	4686,87
	Day 42 (V4)	Grupo C	8931,59	5948,25
		Grupo A	8766,44	3833,21
		Grupo B	8032,25	3969,98
	Grupo C	7870,55	4424,47	
IL-10			x10E2	x10E2
		Total	124,19	125,68
	Day 21 (V3)	Grupo A	158,01	138,2
		Grupo B	183,65	136,44
	Day 42 (V4)	Grupo C	174,03	176,29
		Grupo A	149,9	147,60
		Grupo B	140,6	110,63
Grupo C	143,1	134,02		
IL-2		Total	1785,37	2533,06
	Day 21 (V3)	Grupo A	1634,19	2142,2
		Grupo B	1580,13	1849,48
		Grupo C	1829,88	2648,92

Day 42 (V4)	Grupo A	1389,93	1876,9
	Grupo B	1787,7	2325
	Grupo C	1161,82	1213,21
IFN-gamma			
	Total	655,40	774,56
Day 21 (V3)	Grupo A	888,98	1085,4
	Grupo B	1149,65	1576,12
	Grupo C	1228,43	1719,57
Day 42 (V4)	Grupo A	750,42	745,9
	Grupo B	888,3	936
	Grupo C	661,43	925,03
IL-12p40			
	Total	144,89	701,56
Day 21 (V3)	Grupo A	0	0
	Grupo B	36,91	239,23
	Grupo C	0	0
Day 42 (V4)	Grupo A	3,1	16,53
	Grupo B	7,39	48,18
	Grupo C	6,92	33,91
TNF-alfa			
	Total	4028,12	9864,48
Day 21 (V3)	Grupo A	9514,04	20199,8
	Grupo B	4197,68	6899,82
	Grupo C	3305,29	4384,65
Day 42 (V4)	Grupo A	5734,21	9174,8
	Grupo B	4132,5	5753,46
	Grupo C	3792,56	5207,75
IL-1B			
	Total	1635,04	2146,5
Day 21 (V3)	Grupo A	1921,24	2023,7
	Grupo B	2048,79	2287,53
	Grupo C	2083,7	2135,66
Day 42 (V4)	Grupo A	2063	3015,68
	Grupo B	1536,24	1693,94
	Grupo C	2577	3014,8
IL-5			
	Total	78,53	141,17
Day 21 (V3)	Grupo A	73,99	108,16
	Grupo B	48,17	60,99

Day 42 (V4)	Grupo C	121,4	273,37
	Grupo A	75,08	108,97
	Grupo B	49,75	71,31
	Grupo C	80,06	161,94
IL-4			
Day 21 (V3)	Total	443,19	772,12
	Grupo A	361,37	540,9
	Grupo B	291,6	477,79
Day 42 (V4)	Grupo C	1570,2	7219,07
	Grupo A	265,38	426,59
	Grupo B	253,17	422,88
	Grupo C	198,18	287,26