

	Response	Stool output		Symptoms								Adverse events						Quality of life				
		Stool frequency	Stool consistency	Global	Straining (severity)	Straining (frequency)	Incomplete evacuation (severity)	Incomplete evacuation (frequency)	Manual maneuvers (frequency)	Anorectal obstruction (frequency)	Defecation pain (frequency)	Abdominal pain or discomfort (severity)	Abdominal pain (frequency)	Bloating (severity)	Bloating (frequency)	Flatulence (severity)	Flatulence (frequency)	Global	Physical	Psycho-social	Worries & concerns	Satisfaction
Fibre supplements																						
Overall fibre supps	✓	✓	✓	—	✓		—					—		—		✗						
Psyllium	✓	✓	✓		✓																	
Polydextrose	—	—	—	—	—													—	—	—	—	—
Mix of inulin+others	—	—																				
Galacto-oligosacch	—	—	—	—																		
Inulin-type fructans		—	✓													✗						
Pectin																						
Wheat bran																						
Probiotic supplements																						
Overall probiotics	✓	✓	—	✓	—	—	✓	—	—	—		—		—		✓		—	—	—	—	—
Multi-strain	—	—	✓	—								—		—		—		—	—	—	✓	✓
<i>B. lactis</i>	—	✓	—	—	—		—					—		—				—	—	—	—	—
<i>Bacillus coagulans</i>	—																					
<i>Bacillus coagulans</i> Unique IS2		—	—					—			✓		✓									
<i>L. casei</i> Shirota		—	—	—										—								
Synbiotic supplements																						
Overall synbiotics		—	—	—																		
Food supplements																						
Magnesium Oxide	✓	✓	✓	✓	✓		✓					✓		✓				✓	✓	✓	✓	✓
Senna	—	—																				
Kiwifruit supplement		—	—			—		✓	—				✓		—		—					
Foods and Drinks																						
Kiwifruits, whole	✓	✓	✓			✓																
Prunes, whole			✓		✓																	
Rye bread		✓		✗																		
Linseeds																						
High mineral water	✓	—		—								—							—			
Whole diets																						
High fibre diet																						