

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	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> Shiota	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–

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	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–

✓ Improvement (compared to placebo or positive control) ✓ No difference (compared to positive control) – No impact (compared to placebo) ✗ Worsening (compared to placebo) – No statement – no or ≤1 RCT