



Supplementary Fig. 1. Study design. This study was designed to include 2 weeks of initial screening and 12 weeks of ingestion. Dual-energy X-ray absorptiometry (DXA), abdominal computed tomography (CT) scan, fecal sample collection, blood collection, and anthropometrical measurement were performed as indicated. LMT1-48, *Lactobacillus plantarum* LMT1-48.