

Habitual consumption of fermented milk products containing *Lactocaseibacillus paracasei* strain Shirota and risk of anaemia in the elderly

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Table S1. Characteristics of participants consuming overall fermented milk products <3 or ≥3 days/week over 10 years.

	<3 days/week		≥3 days/week		<i>P</i> value for difference ²
	<i>n</i>	Value ¹	<i>n</i>	Value ¹	
Anthropometric characteristics					
Age (years)	812	73.4 ± 6.4	612	73.0 ± 6.3	0.374
Sex (male/female, %)	812	55.7 / 44.3	612	37.7 / 62.3	<0.001
Smoking status (smoker/non-smoker, %)	812	9.9 / 90.1	612	5.7 / 94.3	0.005
Alcohol intake (alcohol consumer/non-alcohol consumer, %)	812	43.5 / 56.5	612	37.6 / 62.4	0.025
Height (m)	812	1.57 ± 0.09	612	1.56 ± 0.09	0.005
Body mass (kg)	812	58.1 ± 10.7	612	56.0 ± 9.8	0.770
Body mass index (kg/m ²)	812	23.4 ± 3.1	612	23.0 ± 3.1	0.096
Body fat ratio (%)	532	25.5 ± 8.3	399	26.7 ± 7.9	0.319
Fat mass (kg)	532	14.5 ± 5.8	399	14.8 ± 5.6	0.445
Fat-free mass (kg)	532	41.9 ± 8.2	399	40.1 ± 7.4	0.079
Muscle mass (kg)	532	39.7 ± 7.8	399	37.9 ± 7.0	0.086
Blood pressures, physical activity and physical health					
Systolic blood pressure (mmHg)	752	131 ± 17	560	130 ± 17	0.144
Diastolic blood pressure (mmHg)	752	77.0 ± 10.3	560	75.8 ± 10.1	0.221
Step count (steps/day)	304	7,128 ± 3,503	238	7,232 ± 2,938	0.553
Preferred walking speed (m/s)	517	1.32 ± 0.22	397	1.38 ± 0.23	<0.001
Maximum walking speed (m/s)	512	1.98 ± 0.40	394	2.04 ± 0.38	0.003
Peak handgrip force (N)	525	280 ± 97	401	266 ± 81	0.027
Osteosonic index	534	2.36 ± 0.34	405	2.32 ± 0.33	0.227
Nutrient intake					
Energy (kcal/day)	812	1,923 ± 544	612	2,031 ± 502	<0.001
Protein (g/day)	812	67.9 ± 22.0	612	75.8 ± 22.7	<0.001
Lipid (g/day)	812	61.8 ± 23.3	612	68.6 ± 23.5	<0.001
Carbohydrate (g/day)	812	257 ± 72	612	265 ± 65	0.002
Dietary fibre (g/day)	812	15.0 ± 5.1	612	16.6 ± 5.0	<0.001
Saturated fatty acid (g/day)	812	18.6 ± 7.6	612	21.4 ± 7.9	<0.001
Monounsaturated fatty acid (g/day)	812	20.7 ± 8.3	612	22.8 ± 8.5	<0.001
Polyunsaturated fatty acid (g/day)	812	13.4 ± 5.0	612	14.3 ± 4.8	0.001
Cholesterol (mg/day)	812	310 ± 124	612	350 ± 127	<0.001
Sodium (mg/day)	812	4,096 ± 1,692	612	4,199 ± 1,453	0.173
Calcium (mg/day)	812	642 ± 241	612	754 ± 245	<0.001
Iron (mg/day)	812	8.24 ± 2.98	612	9.10 ± 3.03	<0.001
Vitamin B ₁₂ (µg/day)	812	7.16 ± 3.72	612	8.35 ± 4.01	<0.001
Folic acid (µg/day)	812	316 ± 1117	612	354 ± 120	<0.001
Blood profile					
Red blood cells (/µL)	542	448 ± 43	404	447 ± 43	0.162
Haemoglobin (g/L)	542	138 ± 14	404	137 ± 13	0.180
Haematocrit (%)	542	43.4 ± 3.9	404	43.3 ± 3.9	0.097
Triglyceride (mmol/L)	722	1.52 ± 0.98	523	1.52 ± 0.89	0.693

High-density lipoprotein cholesterol (mmol/L)	722	1.56 ± 0.45	523	1.61 ± 0.42	0.705
Low-density lipoprotein cholesterol (mmol/L)	722	3.01 ± 0.77	523	3.12 ± 0.75	0.497
Glycosylated haemoglobin A1c (%)	722	5.74 ± 0.62	523	5.69 ± 0.53	0.158
Glutamic oxaloacetic transaminase (IU/L)	722	24.0 ± 7.8	523	23.5 ± 8.1	0.908
Glutamic pyruvic transaminase (IU/L)	722	20.0 ± 8.6	523	19.6 ± 8.2	0.507
γ-Glutamyl transpeptidase (IU/L)	722	30.7 ± 36.7	523	29.6 ± 44.7	0.601
Albumin (g/L)	720	43.4 ± 2.8	522	43.6 ± 2.7	0.297
Creatinine (μmol/L)	722	75.9 ± 37.0	523	70.9 ± 16.8	0.709
Uric acid (μmol/L)	721	308 ± 77	522	302 ± 69	0.150
Estimated glomerular filtration rate (mL/min/1.73 m ²)	722	63.8 ± 13.3	523	63.2 ± 12.3	0.276

¹ Unless indicated otherwise, data are presented as the mean ± SD.

² Intergroup differences in the male/female ratio, smoking status and alcohol were assessed by chi-squared tests; intergroup differences in other parameters were evaluated by analysis of covariance, after adjusting data on age for sex and the others for age and sex.

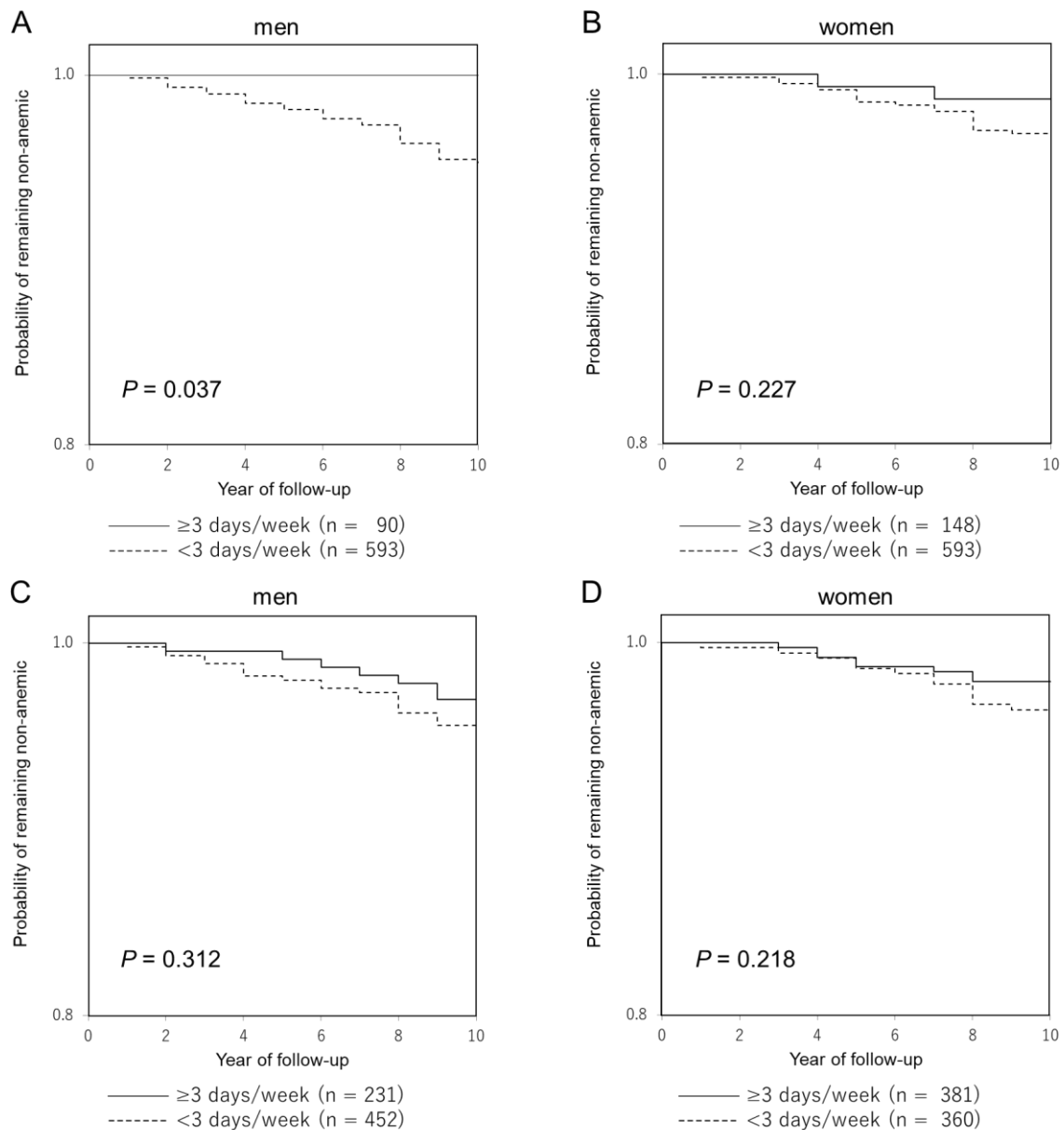


Figure S1. Kaplan–Meier curves showing the rates of participants without anaemia for the prior 10 years.

Log-rank test comparing the proportion of anaemia-free participants based on the frequency (≥ 3 days/week, solid line; < 3 days/week, dashed line) of intake of LcS products (A, B) or overall fermented milk products (C, D) by men (A, C) and women (B, D).