

Supplementary Materials

A 14-day Double-blind, Randomized, Controlled Cross-over Intervention Study with Anti-bacterial Benzyl Isothiocyanate from Nasturtium (*Tropaeolum majus*) on Human Gut Microbiome and Host Defense

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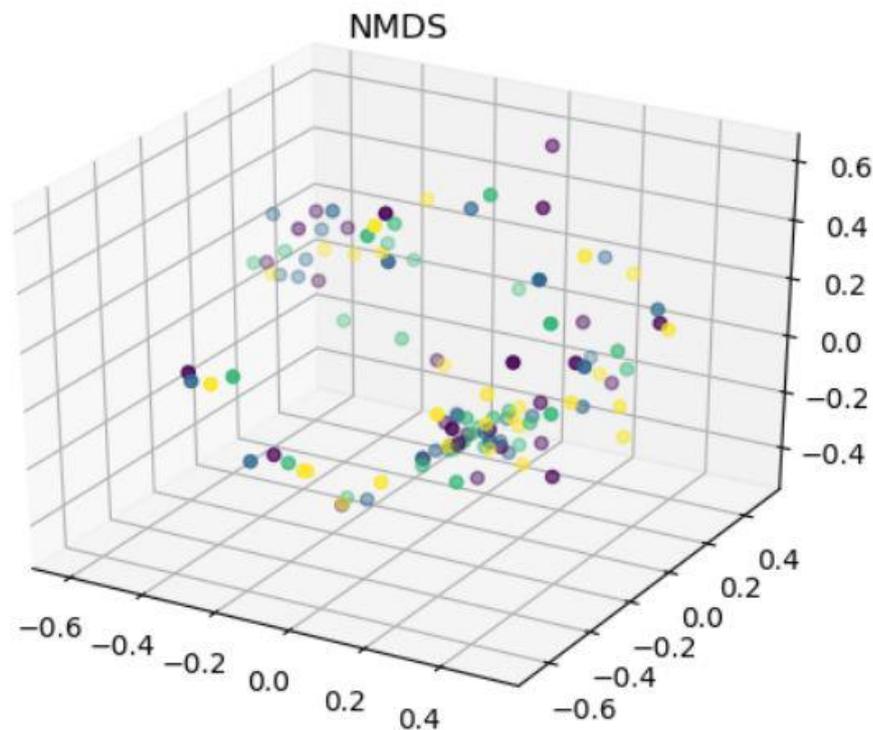


Figure S1. NMDS plot of thetaYC distances for three dimensions. Stress value: 0.15; R-squared: 0.87; colored by sampling day (T1–T4); T1: start of the intervention with *verum* (pre); T2: end of the intervention with *verum* (post); T3: start of intervention with control (pre), T4: end of the intervention with control (post).

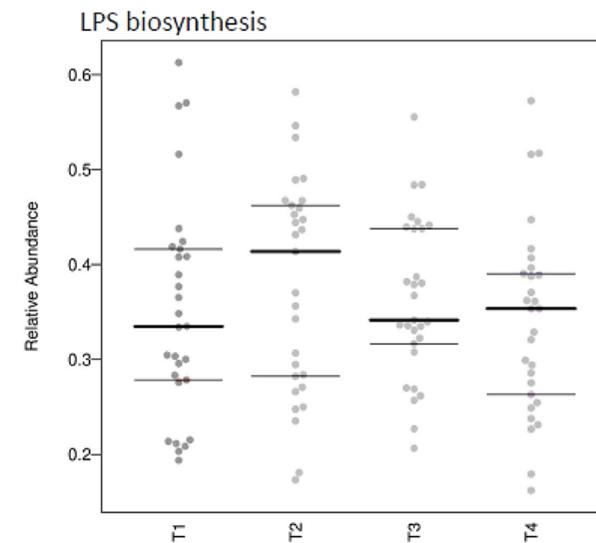
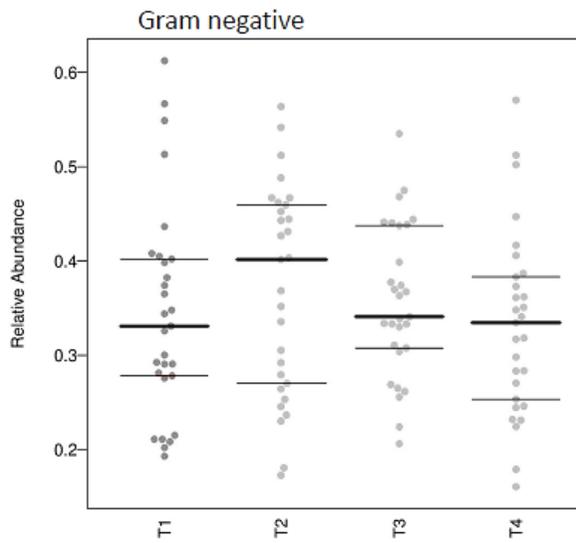
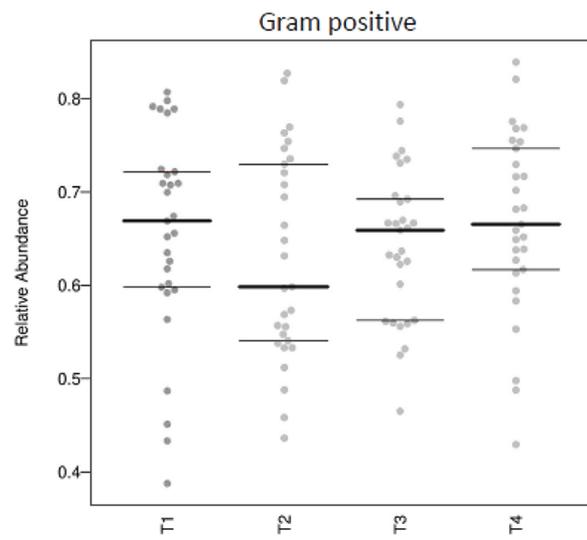
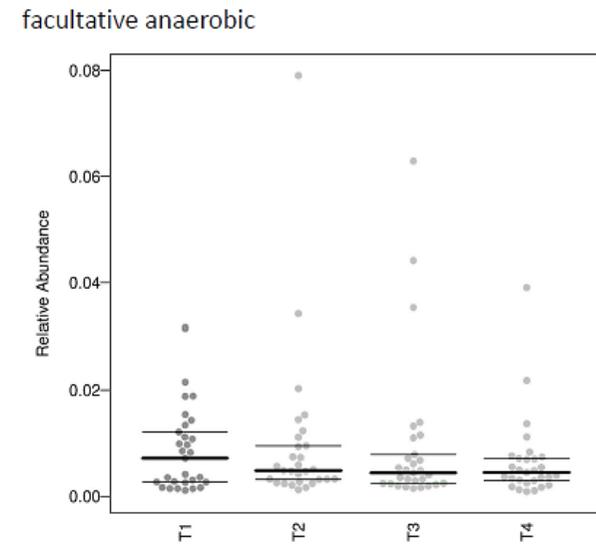
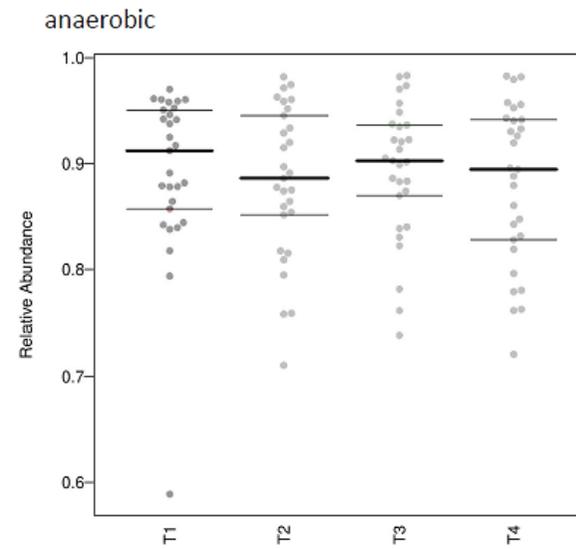
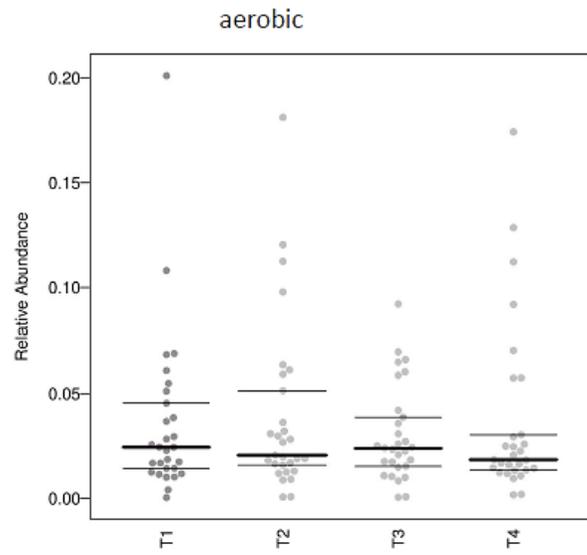
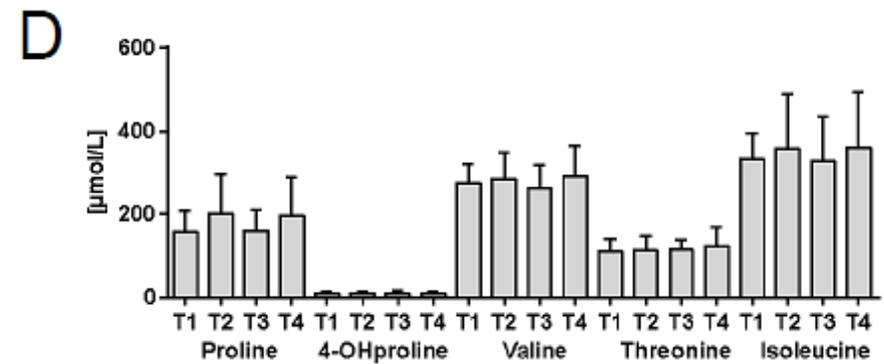
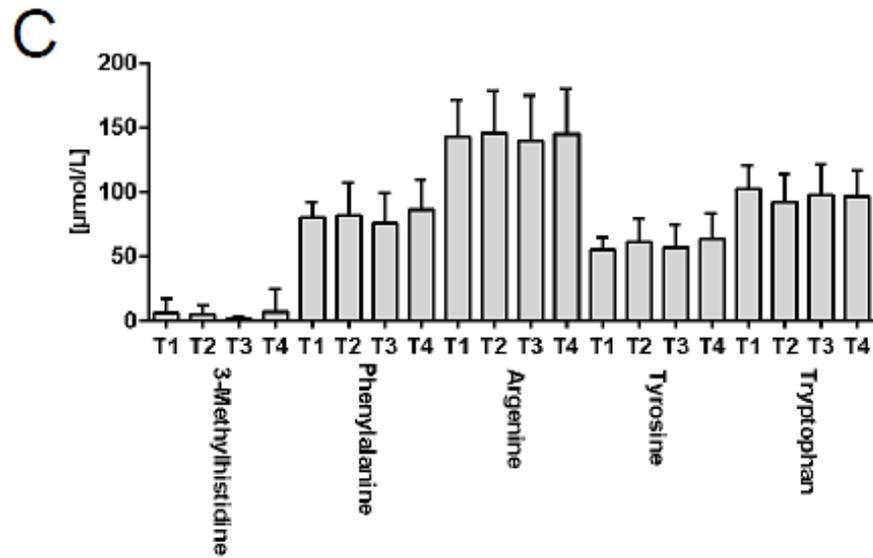
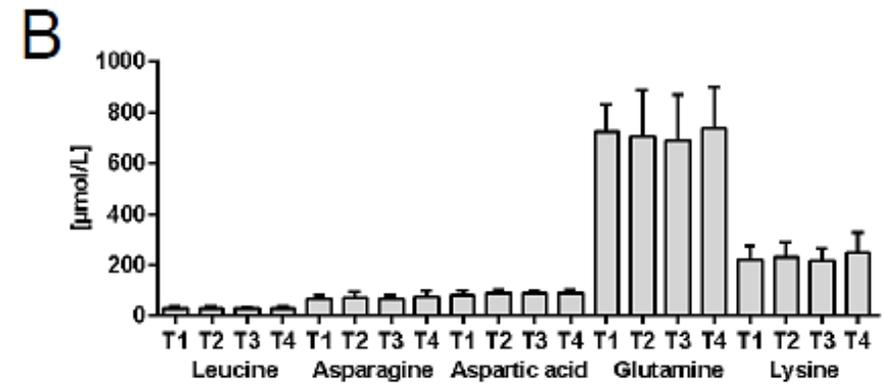
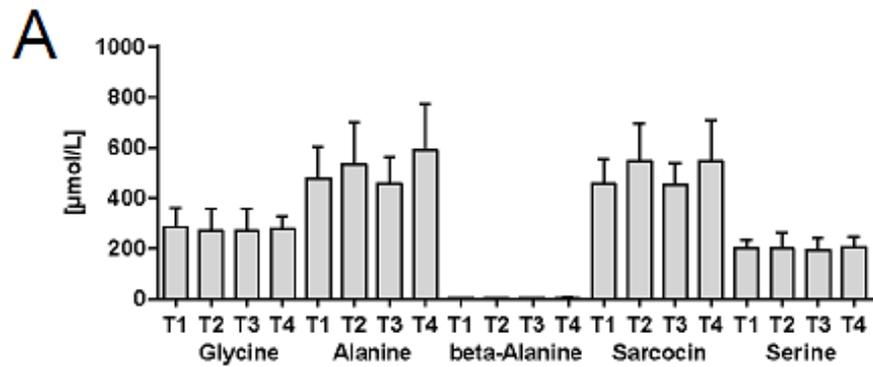
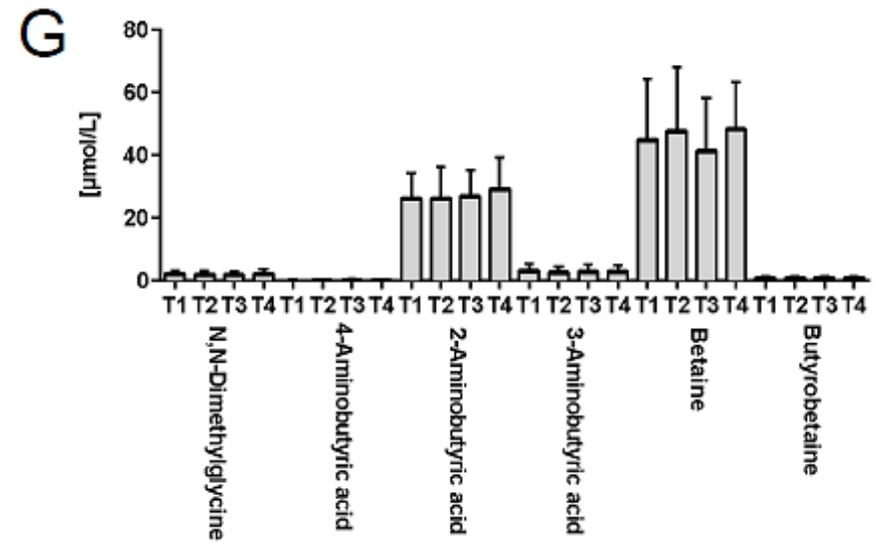
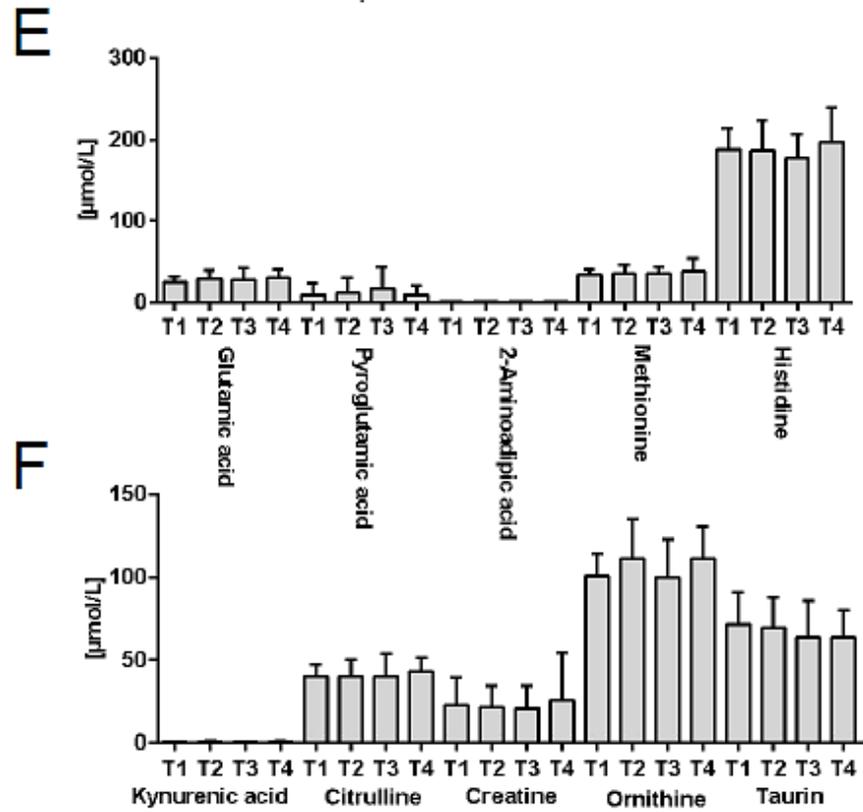


Figure S2. High-level phenotypes. Relative Abundance of high-level phenotypes (n = 29 subjects) using BugBase web application, showing median and 25th/75th percentile. T1: start of the intervention with *verum* (pre); T2: end of the intervention with *verum* (post); T3: start of intervention with control (pre), T4: end of the intervention with control (post).





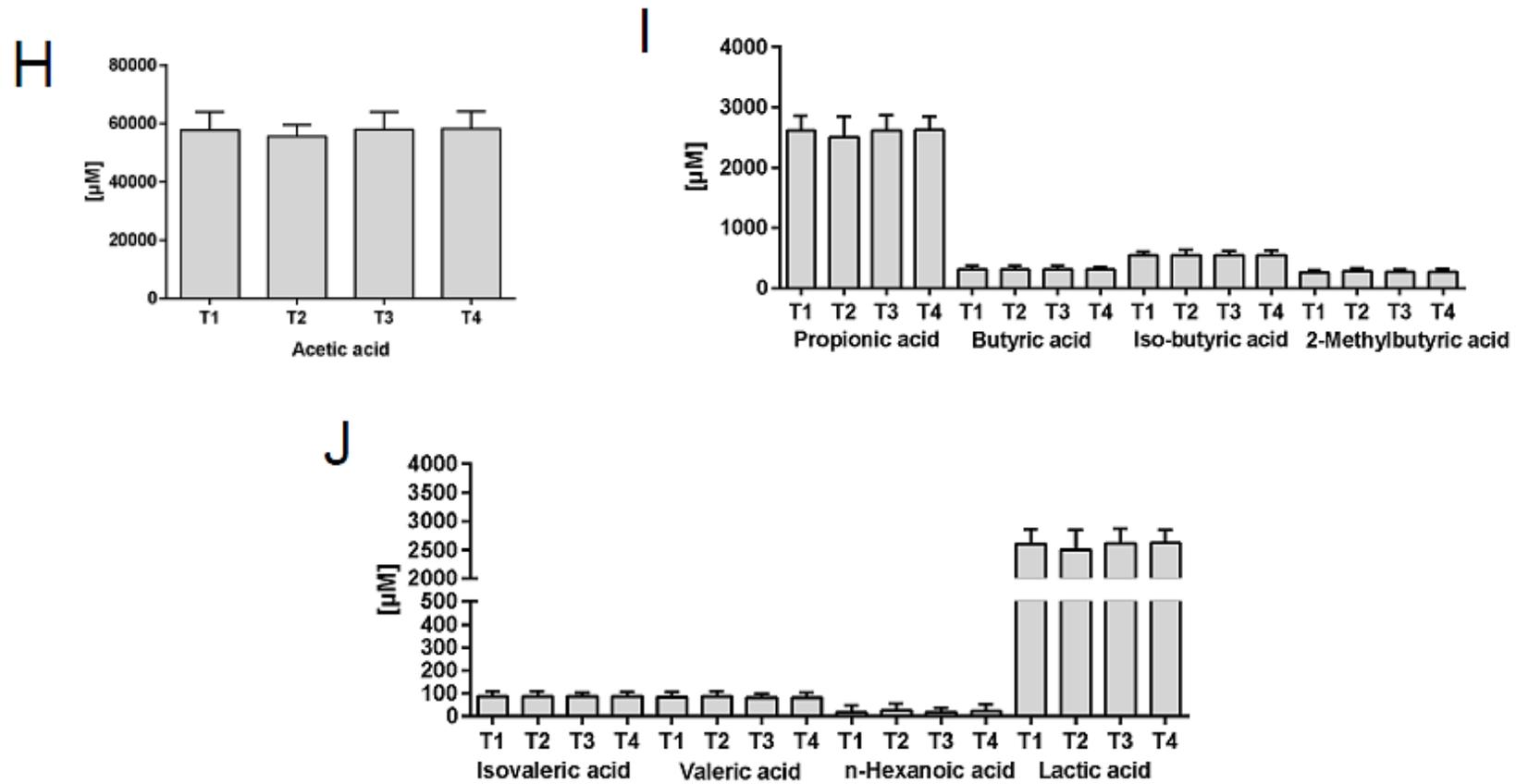
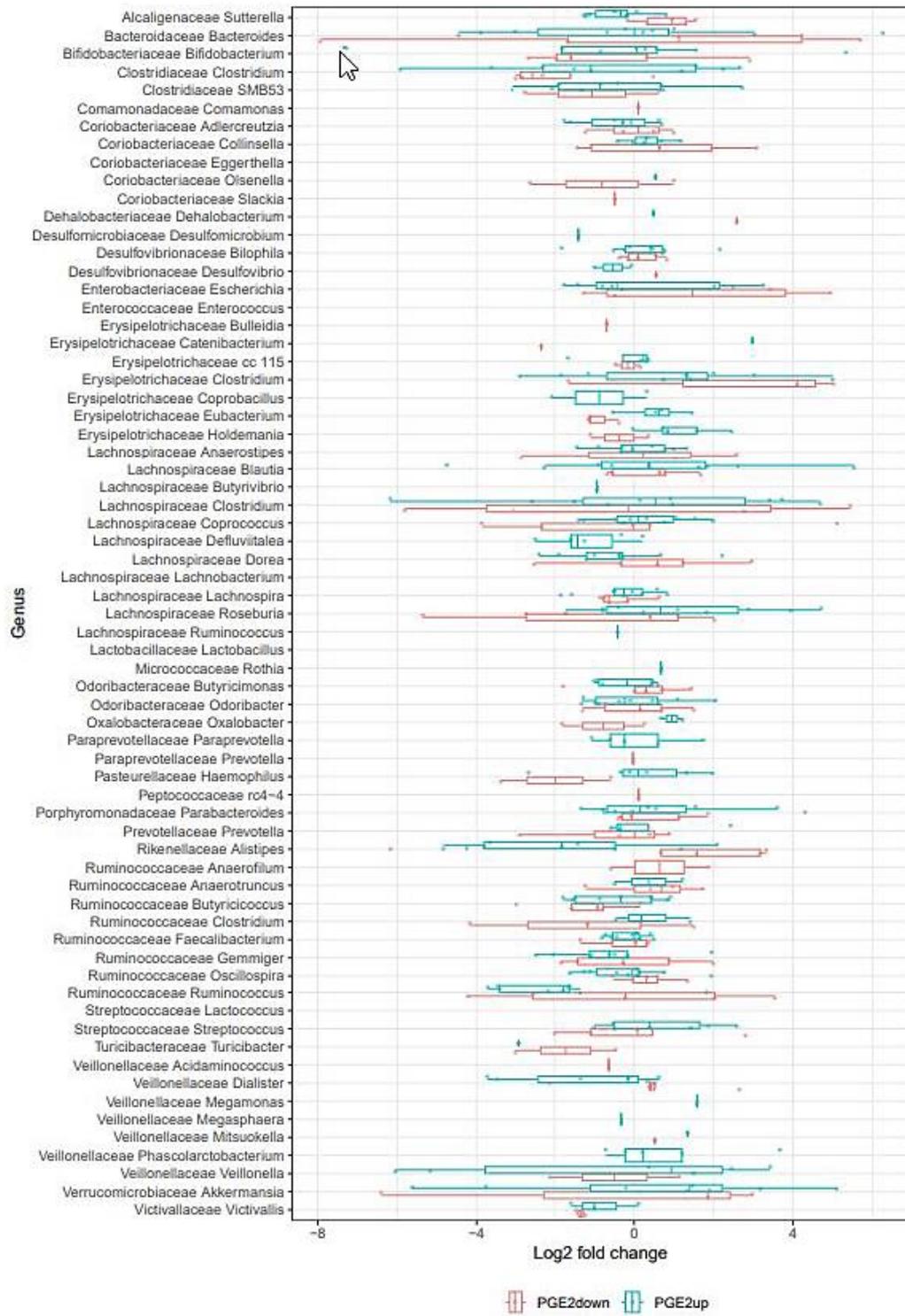


Figure S3. Metabolome analysis using QTRAP. Measurement of different amino acids (A-G, n=19) and of SCFA (H-J, n=19) in serum of participants. T1: start of the intervention with *verum* (pre); T2: end of the intervention with *verum* (post); T3: start of intervention with control (pre), T4: end of the intervention with control (post).

A



B

