

SUPPLEMENTARY TABLES

Supplementary Table 1. Reaction time in verbal working memory task.

	Group	Week 0	<i>p</i>	Week 6	<i>p</i>	Δ	ANOVA <i>p</i>
Average	Placebo	1415.9 ± 301.1	0.915	1408.7 ± 320.8	0.488	-7.3 ± 255.1	0.391
reaction time (ms)	β-lactolin	1426.1 ± 356.5		1348.7 ± 276.4		-77.4 ± 310.0	
Shortest	Placebo	1018.4 ± 190.2	0.455	1007.7 ± 215.3	0.69	-10.7 ± 176.4	0.165
reaction time (ms)	β-lactolin	1060.5 ± 201.0		982.5 ± 224.6 *		-78.0 ± 156.8	

Average and shortest reaction time during the verbal working memory task. Data are presented as means ± SD for the placebo (n = 25) and the β-lactolin groups (n = 24). Group differences were identified using ANOVA. Time differences were identified using paired *t*-tests; **p* < 0.05. ANOVA, analysis of variance; SD, standard deviation.

Supplementary Table 2. Reaction time in spatial working memory task.

	Group	Week 0	<i>p</i>	Week 6	<i>p</i>	Δ	ANOVA <i>p</i>
Average	Placebo	1571.0 ± 196.4	0.645	1507.3 ± 197.3	0.244	-63.7 ± 242.1	0.466
reaction time (ms)	β-lactolin	1539.5 ± 273.7		1419.7 ± 311.6 †		-119.9 ± 291.7	
Shortest	Placebo	1104.9 ± 213.0	0.836	1036.8 ± 195.8	0.817	-68.1 ± 196.0	0.979
reaction time (ms)	β-lactolin	1091.7 ± 233.2		1021.6 ± 259.1		-70.1 ± 323.4	

Average and shortest reaction times during the spatial working memory task. Data are presented as means and ± SD for the placebo (n = 25) and β-lactolin groups (n = 24). Group differences were identified using ANOVA. Time differences were identified using paired *t*-tests; † *p* < 0.1. ANOVA, analysis of variance; SD, standard deviation.