

**Table S2.** The information of the standard curve

| Name of bacteria     | Standard Curve         | r <sup>2</sup> |
|----------------------|------------------------|----------------|
| Total bacteria       | Y= - 2.916 x + 38.139  | 0.9974         |
| <i>Lactobacillus</i> | Y= - 3.0794 x + 36.758 | 0.997          |
| <i>L. reuteri</i>    | Y= - 3.411 x + 38.032  | 0.9995         |
| <i>L. johnsoni</i>   | Y= - 3.416 x + 32.932  | 0.9997         |