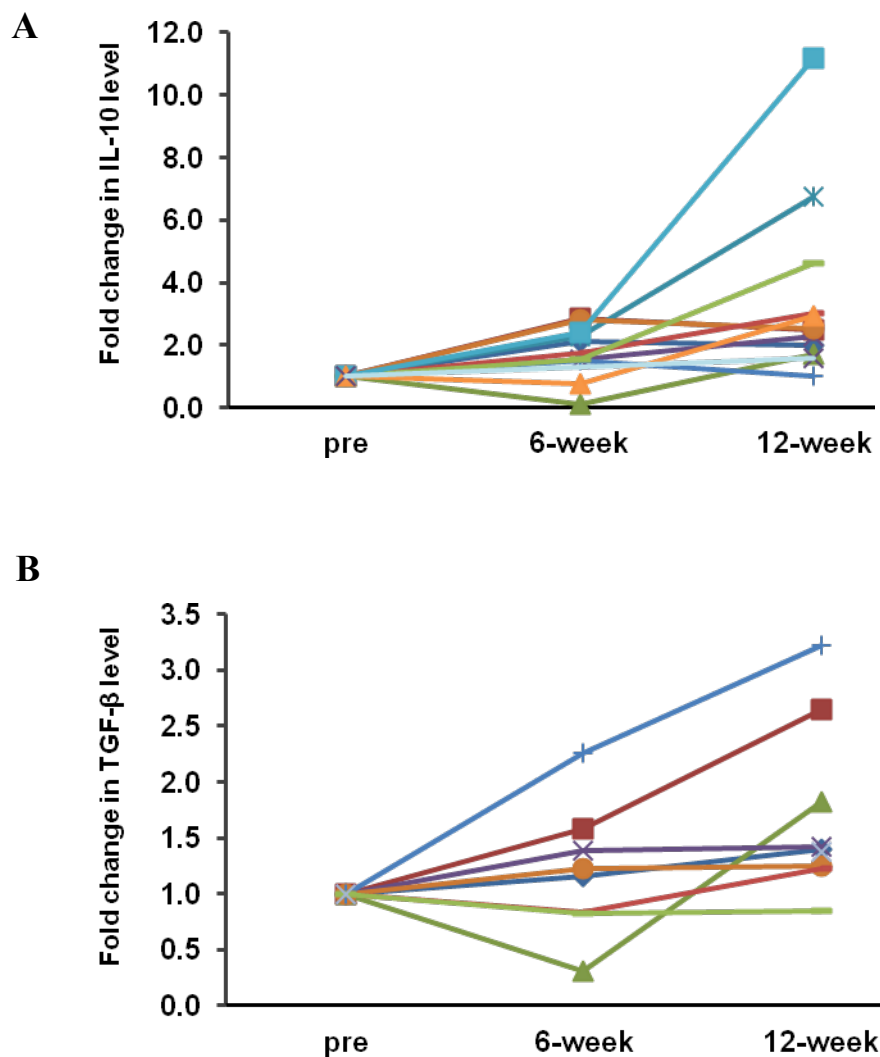


**Probiotic supplement consumption alters cytokine production from peripheral blood mononuclear cells: a preliminary study using healthy individuals – Supplementary material**

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**Figure S1. Temporal changes in interleukin-10 (IL-10) and transforming growth factor- $\beta$  (TGF- $\beta$ ) production by non-stimulated peripheral blood mononuclear cell cultures. (A) IL-10 or (B) TGF- $\beta$  concentrations were measured in supernatants collected from peripheral blood mononuclear cells cultured under non-stimulatory conditions for 72 hours and expressed as a fold change compared to baseline level. Different coloured lines represent individual study participants.**

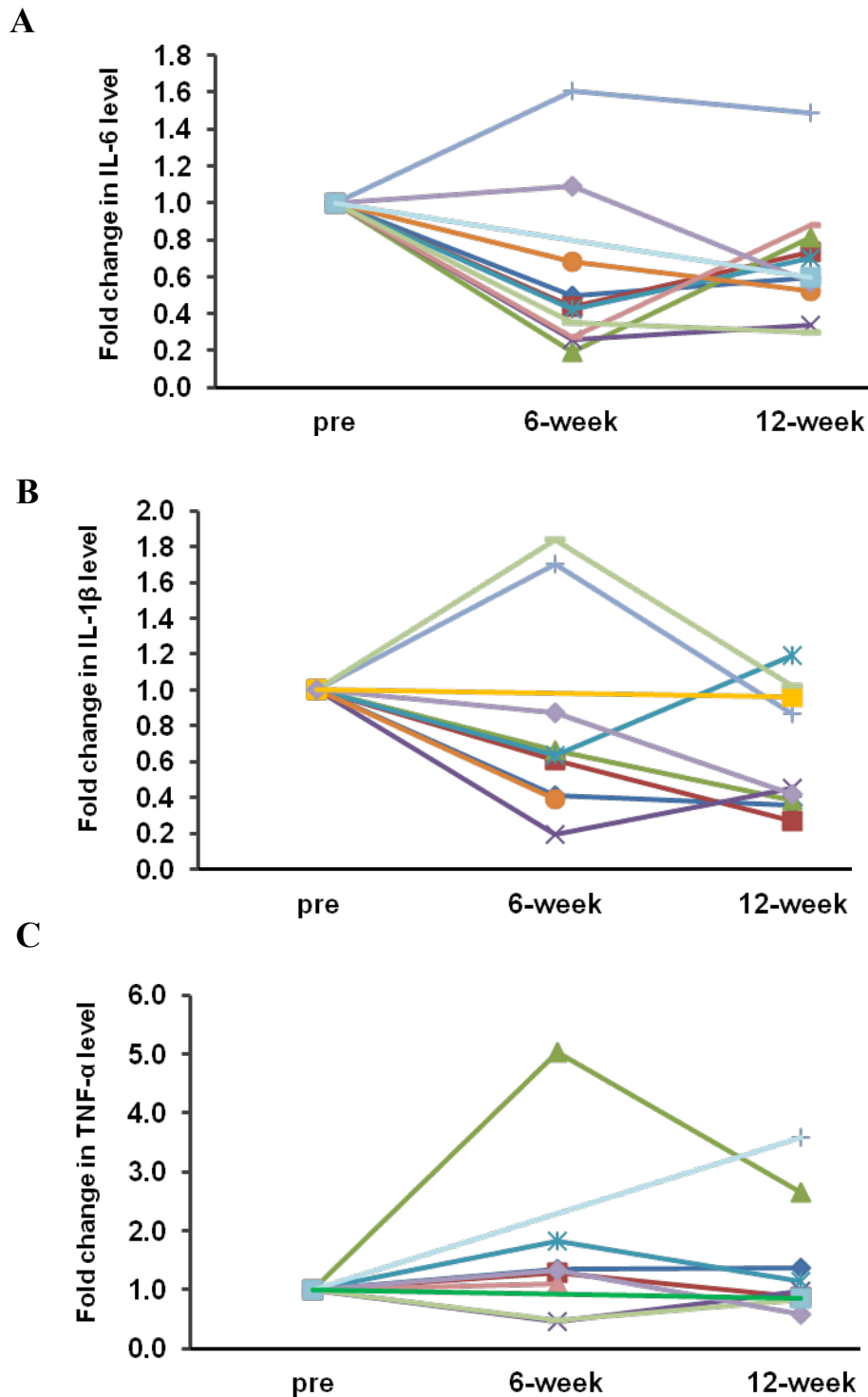


Figure S2. Temporal changes in interleukin (IL)-6, IL-1β and tumour necrosis factor-α (TNF-α) production by lipopolysaccharide-stimulated peripheral blood mononuclear cell cultures. (A) IL-6, (B) IL-1β or (C) TNF-α concentrations were measured in supernatants collected from peripheral blood mononuclear cells cultured with LPS (10 μg/ml) for 72 hours and expressed as a fold change compared to baseline level. Different coloured lines represent individual study participants.