

**Figure 1.** Adherence to the study

**Figure 2.** Change between baseline and endpoint scores for pain, deposition and global in control and curd groups

Pain Score: Pain frequency + intensity + duration; Deposition Score: Deposition frequency + appearance.

\$ Changes in curd group between baseline and endpoint were statistically significant (p< 0.05)

**Figure 3.** Change between baseline and endpoint in gastrointestinal function questionnaire in control and curd groups

\* Significant differences (p<0.05) between groups

**Figure 4.** Satiety score subjective assessment in control and curd groups