Table S1. Baseline data of equol producers

	Placebo group	Intervention group		p value (one-way ANOVA)
		Iso group	Iso+LAB group	
Number of subjects	5	6	6	
Assignment items				
Age (years)	38.4 ± 5.46	42.2 ± 5.95	42.5 ± 7.56	N.S.
Equol (nmol/mg Cre) urine	11.1 ± 18.9	16.2 ± 20.9	7.13 ± 8.00	N.S.
Number of menopausal women	0	0	1	
Stratum corneum water content (a.u.)				
Left cheek	67.0 ± 10.8	63.4 ± 11.2	71.7 ± 6.61	N.S.
Left upper arm	32.1 ± 3.34	40.8 ± 3.96	33.2 ± 7.47	0.0307
Urinary isoflavones (nmol/mg Cre)				
Daidzein	14.9 ± 12.2	18.9 ± 29.3	18.0 ± 16.8	N.S.
Genistein	13.3 ± 10.9	14.6 ± 23.3	18.0 ± 27.3	N.S.
Glycitein	2.9 ± 2.31	2.85 ± 3.34	1.92 ± 1.34	N.S.
Physical Measurements				
Height (cm)	162.8 ± 2.77	161.2 ± 2.64	160.3 ± 6.35	N.S.
Body weight (kg)	55.6 ± 5.96	55.7 ± 3.97	54.1 ± 7.16	N.S.
Percent of body fat (%)	28.5 ± 2.26	28.6 ± 2.04	26.6 ± 3.82	N.S.
Systolic blood pressure (mmHg)	117.6 ± 9.81	121.3 ± 12.6	115.7 ± 20.3	N.S.
Diastolic blood pressure (mmHg)	69.4 ± 6.27	70.0 ± 15.1	75.2 ± 20.3	N.S.

Table S2. Baseline data of equol non-producers

	Placebo group	Intervention group		p value (one-way ANOVA)
		Iso group	Iso+LAB group	
Number of subjects	6	5	5	
Assignment items				
Age (years)	44.2 ± 8.13	42.2 ± 9.26	42.6 ± 9.15	N.S.
Equol (nmol/mg Cre) urine	0.422 ± 0.316	0.342 ± 0.201	0.508 ± 0.472	N.S.
Number of menopausal women	2	1	1	
Stratum corneum water content (a.u.)				
Left cheek	68.0 ± 3.19	69.1 ± 13.4	70.3 ± 7.69	N.S.
Left upper arm	33.1 ± 6.35	33.7 ± 4.74	37.9 ± 5.89	N.S.
Urinary isoflavones (nmol/mg Cre)				
Daidzein	24.1 ± 24.1	12.4 ± 8.01	15.1 ± 12.5	N.S.
Genistein	12.8 ± 12.8	7.04 ± 4.41	14.8 ± 15.3	N.S.
Glycitein	2.12 ± 1.60	2.48 ± 2.06	2.9 ± 2.24	N.S.
Physical Measurements				
Height (cm)	158.7 ± 8.29	157.6 ± 5.08	159.2 ± 5.22	N.S.
Body weight (kg)	64.7 ± 14.1	51.1 ± 4.86	53.0 ± 6.32	N.S.
Percent of body fat (%)	34.6 ± 4.79	26.4 ± 2.82	27.3 ± 4.66	0.0120
Systolic blood pressure (mmHg)	116.3 ± 18.7	115.2 ± 6.83	113.2 ± 8.11	N.S.
Diastolic blood pressure (mmHg)	67.8 ± 10.2	68.8 ± 2.59	62.4 ± 9.89	N.S.

Table 25. Results of the International TIMSS, 2003 for Botswana

| | | TOTAL | | |

Table S4. Isoflavone intake from the diet

	Placebo				Intervention group											p value (one-way ANOVA)
					Iso						Iso+LAB					
Soy isoflavones level, aglycone equivalent (mg/week)																
				p value					p value						p value	
Before ingestion	150.5	±	161.4		190.4	±	193.4			169.5	±	122.6				N.S.
4 w	129.6	±	143.8	N.S.	213.5	±	364.6		N.S.	183.0	±	161.8		N.S.		N.S.
8 w	70.36	±	59.41	N.S.	119.5	±	143.0		N.S.	188.6	±	118.2		N.S.		N.S.
12 w	120.2	±	150.1	N.S.	94.00	±	91.11		N.S.	228.7	±	159.9		N.S.		N.S.

The amount of soy isoflavone (mg) that the subjects consumed from their diet per week. There were no differences in dietary soy isoflavone intake among the groups.