SUPPLEMENTARY TABLESupplementary Table 1. Main characteristics of the included studies

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| **No.** | **Basic information** | | | | | | **Participants** | | | | | **Intervention** | | | | **Outcome measurements**  **(Cognitive outcomes/Inflammatory biomarkers/oxidative biomarkers)** | | | | | | | **Main findings** |
| **Study** | **First author** | **Year** | **Sample size** | **Study location** | **Study design** | **Type** | **M/F** | | **Age** | | **Type of strains** | **Duration** | **Dose (mg/day)** | **CON** | **Outcomes** | **PRO** | | | **CON** | | |
| **CON** | **PRO** | **CON** | **PRO** | **Baseline 1 (N1)** | **Final 1 (N1')** | **Change from baseline 1** | **Baseline 2 (N2)** | **Final 2 (N2')** | **Change from baseline 2** |
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Abbreviations: M, male; F, female; PRO, probiotics group; CON, control group