

APPENDIX C - Exclusion reasons

Table 2S: Studies excluded in the textual reading and their respective reason for exclusion.

Title	Reference (author and year)	Reason for exclusion
Fructose: not sweet enough for brown fat?	Plucinska, K.; Zaman, S.; Cohen, P. (2022) Journal: Cell Rep Med	The microbiota was not evaluated
Dietary carbohydrate quality affects plasma lipid profile and the microbiome	Matthan et al. (2015) Journal: Circulation	Fructose was not evaluated separately
Dietary triggers of abdominal symptoms in patients with irritable bowel syndrome: randomized placebo-controlled evidence	Sellin et al. (2008) Journal: Clin gastroenterol Hepatol	The microbiota was not evaluated
Systemic absorption, microbiome metabolism and symptoms following oral fructose in patients with functional gastrointestinal disorders	Wilder-Smith et al. (2019) Journal: Neurogastroenterol Motil	The microbiota was not evaluated
High relative abundance of lactobacillus reuteri and fructose intake are associated with adiposity and cardiometabolic risk factors in children from Mexico City	Huerta-Ávila et al. (2019) Journal: Nutrients	Study design
Fructo-oligosaccharide supplementation reduced fecal toxicity, bile acid and risk factors of colorectal bacterial cancer in constipated older volunteers	Chen et al. (2013) Journal: Annals of nutrition & metabolism	Does not show microbiota results