

EXCLUSIÓN DE ESTUDIOS

- **Criterios de exclusión**

1 Estudios en los que el año de publicación fue anterior al 2011.

2 Ninguna de las citoquinas sanguíneas tanto las proinflamatorias como las antiinflamatorias fueron analizadas (véase IL-6, IL-10, TNF-a ...). O si lo fueron no se realizó ninguna prueba de esfuerzo en donde predominase el metabolismo aeróbico y únicamente fueron medidas basalmente.

3 La población de estudio no eran atletas de los siguientes disciplinas deportivas (maratón, ciclismo o triatlón) o estaban mezclados y no se hacían análisis por separada con otras disciplinas como (los 800 metros, natación, deportes de raqueta, ultra-trail...).

4 Revisiones tanto sistemáticas como narrativas donde el objetivo del estudio difiriese del realizado en esta revisión. Como estrategias de suplementación con probióticos donde las especies bacterianas fuesen distintas de los géneros mencionados en la introducción (*Lactobacillus*, *Bifidobacterium* y las levaduras del género *Saccharomyces*). O estuviesen relacionadas con el mecanismo de acción de bacterias anaeróbicas o su uso en población no atlética; véase enfermedades, patologías...

Para ver que estudios fueron eliminados por cada uno de los criterios ver la figura y tabla 1.

Figura S2 Número de estudios que fueron eliminadas y el criterio que no cumplían



TABLA S1 REFERENCIA DEL ESTUDIO Y CRITERIO DE EXCLUSIÓN QUE NO CUMPLÍAN

ESTUDIO	Criterio Que no cumple
ASHAFA ET AL., 2015	4
BENNETT ET AL., 2020	2
BROUNS ET AL., 1991	1
BUCKLEY ET AL., 2009	1
COX ET AL., 2010	3
ENGEL ET AL., 2022	3
FU ET AL., 2021	2
FUKUCHI ET AL., 2022	4
GANG LIU & HONGBO ZHUANG, 2022	2
GILL ET AL., 2016	3
GIRON ET AL., 2022	3
GLEESON ET AL., 2011	3
HERRERA ET AL., 2023	3
HUANG ET AL., 2019	3
HUANG ET AL., 2020	2
JANSSENDUIJGHUIJSEN ET AL., 2016	4
LEE ET AL., 2022	3
MAILING ET AL., 2019	4

MOREIRA ET AL., 2007	1
NIEMAN ET AL., 2007	1
O'BRIEN ET AL., 2015	2
OKAMOTO ET AL., 2019	4
RIBEIRO ET AL., 2021	4
SCHMITZ ET AL., 2019	3
SCHREIBER ET AL., 2021	2
SMARKUSZ-ZARZECKA ET AL., 2020	2
SMETANKA ET AL., 1999	1
WAGNER ET AL., 2024	3
WEST ET AL., 2011	2
YANG ET AL., 2023	4
ZEPPA ET AL., 2020	4

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