

Appendix 1 (as supplied by the authors): Primary outcome (mean symptom score for sore throat/difficulty swallowing) using complete cases only

| | Mean sore throat/difficulty swallowing score days 2-5 | Univariate difference (95% CI) | Multivariate difference** |
|------------------------|---|--------------------------------|---------------------------|
| No probiotic (n=329) | 2.71 (1.55) | | |
| Probiotic (n=360) | 2.76 (1.59) | 0.05 (-0.19, 0.28) | -0.06 (-0.31, 0.18) |
| | | | |
| No chewing gum (n=219) | 2.72 (1.51) | | |
| Sorbitol gum (n=234) | 2.78 (1.56) | 0.06 (-0.23, 0.35) | 0.07 (-0.19, 0.33) |
| Xylitol gum (n=236) | 2.71 (1.65) | -0.01 (-0.30, 0.28) | 0.01 (-0.30, 0.30) |
| | | | |
| No xylitol (n=453) | 2.75 (1.53) | | |
| Xylitol (n=236) | 2.71 (1.65) | -0.04 (-0.29, 0.21) | -0.06 (-0.32, 0.20) |

**using multiple linear regression controlling for age, duration of current sore throat, number of sore throats in the past 3 months, prior tonsillectomy, inflamed pharynx, cough, temperature over 37.5, pus on tonsils, cervical nodes, ever smoked, Antibiotics prescribed (none, immediate, delayed).