**Supplementary Table 1: qPCR primer sequences and annealing temperatures**

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| **Primer name** | **Target** | **Sequence (5′ - 3′)** | **Reference** |
| *BiLON-1* | *Bifidobacterium longum* subsp. *longum* | TTCCAGTTGATCGCATGGTC | (Oki et al., 2018) |
| *BiLON-2* |  | GGGAAGCCGTATCTCTACG | (Oki et al., 2018) |
| *331F* | 16S rRNA | TCCTACGGGAGGCAGCAGT | (Brands et al., 2010) |
| *797R* |  | GGACTACCAGGGTATCTAATCCTGTT | (Brands et al., 2010) |

**References**

Brands, B., Vianna, M. E., Seyfarth, I., Conrads, G., & Horz, H. P. (2010). Complementary retrieval of 16S rRNA gene sequences using broad-range primers with inosine at the 3′-terminus: Implications for the study of microbial diversity. *FEMS Microbiology Ecology*, *71*(1), 157–167. https://doi.org/10.1111/j.1574-6941.2009.00786.x

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