

Table 1 Inclusion and exclusion criteria for subject's recruitment

Criteria	Healthy	Obese	Type 2 diabetes
BMI (kg/m ²)	18.5 kg/m ² – 24.9 kg/m ²	≥30 kg/m ²	>25 kg/m ²
HbA1c (%)	-	-	<12%
FBG (mmol/l)	-	-	<15 mmol/l
Treatment	No treatment	No treatment	-Established type 2 diabetes for at least 6 months prior to recruitment -Under stabilised dose of Sulphonylurea or Biguanides -Not under insulin treatment
Steroids	No steroids intake	No steroids intake	No steroids intake
Antibiotic	No antibiotic intake in 3 month prior to recruitment	No antibiotic intake in 3 months prior to recruitment	No antibiotic intake in 3 months prior to recruitment
Probiotic and prebiotic	No probiotic or prebiotic intake in 1 month prior to recruitment	No probiotic or prebiotic intake in 1 month prior to recruitment	No probiotic or prebiotic intake in 1 month prior to recruitment
Disease	Not diagnosed with acute or chronic diseases such as hypothyroidism	Not diagnosed with acute or chronic diseases such as hypothyroidism	Not diagnosed with acute or chronic diseases such as hypothyroidism
Female subjects	Not pregnant or lactating	Not pregnant or lactating	Not pregnant or lactating