Supplement 1. Major studies on the preventive effects of probiotics against CDI

Year	Country/region	Strain/species	No. of event (CDI)	
			Intervention	Placebo
Primary prevention				
[77] (2008)	US	*Lactobacillus acidophilus* *Bifidobacterium longum* *B. lactis* *L. rhamnosus*	4/23	6/16
[78] (2020)	UK	*L. casei DN114001*	106/549	103/577
[79] (2013)	UK	*L. acidophilus CUL60 and CUL21* *B. bifidum CUL20* *B. lactis CUL34*	12/1470	17/1471
[80] (2017)	China	*Saccharomyces boulardii*	12/81	23/82
[81] (2012)	Italy	*S. boulardii*	3/106	2/98
[82] (2006)	Turkey	*S. boulardii*	1/73	2/78
[83] (2007)	UK	*L. casei* *L. bulgaricus* *Streptococcus thermophilus*	0/57	9/56
Secondary prevention				
[84] (2023)	US, Canada	*Enterocloster bolteae* *Anaerotruncus colihominis* *Sellimonas intestinalis* *Clostridium_Q symbiosum* *Blautia sp001304935* *Dorea_A longicatena* *Clostridium_AQ innocuum* *Flavonifractor plautii*	14/57	10/22
[85] (2025)	Thailand	*S. boulardii*	1/59	8/61
[86] (2017)	US	*L. acidophilus NCFM* *L. paracasei Lpc-37* *B. lactis Bi-07* *B. lactis Bl-04*	1/15	1/16
[87] (2004)	UK	*Lactobacillus* *Bifidobacterium*	2/69	5/69
[88] (1994)	US	*S. boulardii*	9/26	22/34
[89] (2003)	Sweden	*L. plantarum 299v*	4/11	6/9
[90] (2025)	US, Canada	"CP101" Full-spectrum, investigational, oral, lyophilized microbiome therapeutic	26/102	37/96

CDI, *Clostridioides difficile* infection.