Table S1: Gastrointestinal complaints of patients with Inflammatory Bowel Disease according to the treatment group: baseline data (T1) and endline data (T2).

|  | Group |  |
| --- | --- | --- |
| Placebo  | Curcumin | Curcumin+ Piperine | GEEp (OR; 95% CI) |
| T1n=19 | T2n=14 | T1n=20 | T2n=20 | T1n=19 | T2n=17 |
| Pyrosis | No | 13 (68.4) | 13 (92.9) | 13 (65.0) | 17 (85.0) | 8 (42.1) | 9 (52.9) | 0.737 (0.808; 0.234 – 2.791)# |
| Yes | 6 (31.6) | 1 (7.1)a | 7 (35.0) | 3 (15.0)a | 11 (57.9) | 8 (47.1)b | 0.016 (4.151; 1.309 – 13.169)## |
| Nausea | No | 13 (68.4) | 13 (92.9) | 16 (80.0) | 16 (80.0) | 11 (57.9) | 13 (76.5) | 0.909 (1.077; 0.304 – 3.816)# |
| Yes | 6 (31.6) | 1 (7.1) | 4 (20.0) | 4 (20.0) | 8 (42.1) | 4 (23.5) | 0.279 (0.538; 0.176 – 1.651)## |
| Vomiting | No | 19 (100.0) | 14 (100.0) | 19 (95.0) | 20 (100.0) | 19 (100.0) | 15 (88.2) | unavailable |
| Yes | 0 (0.0) | 0 (0.0) | 1 (5.0) | 0 (0.0) | 0 (0.0) | 2 (11.8) |
| Regurgitation | No | 14 (73.7) | 13 (92.8) | 15 (75.0) | 18 (90.0) | 14 (73.7) | 11 (64.7) | 0.940 (1.048; 0.310 – 3.541)# |
| Yes | 5 (26.3) | 1 (7.1) | 5 (25.0) | 2 (10.0) | 5 (26.3) | 6 (35.3) | 0.279 (0.505; 0.146 – 1.741)## |
| Abdominal pain | No | 10 (52.6) | 12 (85.7) | 12 (60.0) | 17 (85.0) | 7 (36.8) | 12 (70.6) | 0.597 (1.318; 0.473 – 3.670)# |
| Yes | 9 (47.4) | 2 (14.3) | 8 (40.0) | 3 (15.0) | 12 (63.2) | 5 (29.4) | 0.255 (0.559;0.205 – 1.522)## |
| Rectal bleeding | No | 14 (73.7) | 16 (84.2) | 15 (75.0) | 19 (95.0) | 16 (84.2) | 16 (94.1) | 0.745 (1.259; 0.314 – 5.057)# |
| Yes | 5 (26.3) | 3 (15.8) | 5 (25.0) | 1 (5.0) | 3 (15.8) | 1 (5.9) | 0.428 (1.778; 0.429 – 7.370)## |
| Diarrhoea | No | 9 (47.4) | 7 (50.0) | 12 (60.0) | 13 (65.0) | 11 (57.9) | 12 (70.6) | 0.250 (1.771; 0.668 – 4.691)# |
| Yes | 10 (52.6) | 7 (50.0) | 5 (40.0) | 7 (35.0) | 8 (42.1) | 5 (29.4) | 0.258 (1.880; 0.630 – 5.609)## |
| Gases | No | 6 (31.6) | 9 (64.3) | 6 (30.0) | 10 (50.0) | 10 (52.6) | 10 (58.8) | 0.684 (0.800; 0.273 – 2.342)# |
| Yes | 13 (68.4) | 5 (35.7) | 14 (70.0) | 10 (50.0) | 9 (47.4) | 7 (41.2) | 0.471 (1.500; 0.498 – 4.514)## |
| Abdominal Distention | No | 8 (42.1) | 12 (85.7) | 10 (50.0) | 16 (80.0) | 10 (52.6) | 11 (64.7) | 0.711 (1.207; 0.446 – 3.264)# |
| Yes | 11 (57.9) | 2 (14.3) | 10 (50.0) | 4 (20.0) | 9 (47.4) | 6 (35.3) | 0.864 (0.910; 0.309 – 2.682)## |

Legend: Data expressed as n (%); GEE = Generalized estimating equations - group vs. time interaction, adjusted by sex, age and inflammatory bowel disease type; # = placebo group vs*. Curcuma longa* + piperine group; ## = placebo group vs. *Curcuma longa* group (Absence of treatment was used as a reference).