

Supplementary Table 1. Urinalysis and blood test findings

		Acacia group			Placebo group			Group difference (%)	95%CI	χ^2	P value
		n	Applicable participants	Applicable percentage (%)	n	Applicable participants	Applicable percentage (%)				
Urine protein qualitative	4 weeks	32	3	9.4	32	0	0.0	9.4	[-1.0, 19.7]	3.1	0.076
	8 weeks	32	2	6.3	33	2	6.1	0.2	[-11.5, 11.9]	0.0	0.975
	12 weeks	32	1	3.1	33	3	9.1	-6.0	[-17.7, 5.7]	1.0	0.317
	4 weeks post-intervention	32	7	21.9	33	1	3.0	18.8	[2.9, 34.8]	5.3	0.021 *
Urine glucose qualitative	4 weeks	32	2	6.3	32	0	0.0	6.3	[-2.3, 14.8]	2.1	0.151
	8 weeks	32	0	0.0	33	0	0.0	0.0	NA	NA	NA
	12 weeks	32	1	3.1	33	1	3.0	0.1	[-8.3, 8.5]	0.0	0.982
	4 weeks post-intervention	32	0	0.0	33	1	3.0	-3.0	[-9.0, 3.0]	1.0	0.321
Urine pH	4 weeks	32	0	0.0	32	0	0.0	0.0	NA	NA	NA
	8 weeks	32	0	0.0	33	0	0.0	0.0	NA	NA	NA
	12 weeks	32	1	3.1	33	0	0.0	3.1	[-2.9, 9.1]	1.0	0.306
	4 weeks post-intervention	32	1	3.1	33	0	0.0	3.1	[-2.9, 9.1]	1.0	0.306
Urinary occult blood reaction	4 weeks	32	3	9.4	32	0	0.0	9.4	[-1.0, 19.7]	3.1	0.076
	8 weeks	32	0	0.0	33	0	0.0	0.0	NA	NA	NA
	12 weeks	32	1	3.1	33	0	0.0	3.1	[-2.9, 9.1]	1.0	0.306
	4 weeks post-intervention	32	1	3.1	33	0	0.0	3.1	[-2.9, 9.1]	1.0	0.306
White blood cell count	4 weeks	32	0	0.0	32	1	3.1	-3.1	[-9.2, 3.0]	1.0	0.313
	8 weeks	32	1	3.1	33	1	3.0	0.1	[-8.3, 8.5]	0.0	0.982
	12 weeks	32	1	3.1	33	1	3.0	0.1	[-8.3, 8.5]	0.0	0.982
	4 weeks post-intervention	32	1	3.1	33	1	3.0	0.1	[-8.3, 8.5]	0.0	0.982
Red blood cell count	4 weeks	32	1	3.1	32	0	0.0	3.1	[-3.0, 9.2]	1.0	0.313
	8 weeks	32	2	6.3	33	0	0.0	6.3	[-2.1, 14.6]	2.1	0.145
	12 weeks	32	3	9.4	33	1	3.0	6.3	[-5.3, 18.0]	1.1	0.287
	4 weeks post-intervention	32	2	6.3	33	0	0.0	6.3	[-2.1, 14.6]	2.1	0.145
Hemoglobin	4 weeks	32	1	3.1	32	0	0.0	3.1	[-3.0, 9.2]	1.0	0.313
	8 weeks	32	1	3.1	33	0	0.0	3.1	[-2.9, 9.1]	1.0	0.306
	12 weeks	32	2	6.3	33	1	3.0	3.2	[-7.0, 13.4]	0.4	0.536
	4 weeks post-intervention	32	2	6.3	33	1	3.0	3.2	[-7.0, 13.4]	0.4	0.536
Hematocrit	4 weeks	32	1	3.1	32	1	3.1	0.0	[-8.5, 8.5]	0.0	1.000
	8 weeks	32	2	6.3	33	2	6.1	0.2	[-11.5, 11.9]	0.0	0.975
	12 weeks	32	2	6.3	33	1	3.0	3.2	[-7.0, 13.4]	0.4	0.536
	4 weeks post-intervention	32	2	6.3	33	0	0.0	6.3	[-2.1, 14.6]	2.1	0.145
Platelet count	4 weeks	32	2	6.3	32	1	3.1	3.1	[-7.2, 13.5]	0.3	0.554
	8 weeks	32	2	6.3	33	3	9.1	-2.8	[-15.8, 10.1]	0.2	0.667
	12 weeks	32	0	0.0	33	1	3.0	-3.0	[-9.0, 3.0]	1.0	0.321
	4 weeks post-intervention	32	3	9.4	33	4	12.1	-2.7	[-17.8, 12.3]	0.1	0.721
Aspartate aminotransferase	4 weeks	32	1	3.1	32	1	3.1	0.0	[-8.5, 8.5]	0.0	1.000
	8 weeks	32	1	3.1	33	0	0.0	3.1	[-2.9, 9.1]	1.0	0.306
	12 weeks	32	2	6.3	33	2	6.1	0.2	[-11.5, 11.9]	0.0	0.975
	4 weeks post-intervention	32	2	6.3	33	0	0.0	6.3	[-2.1, 14.6]	2.1	0.145
Alanine aminotransferase	4 weeks	32	2	6.3	32	2	6.3	0.0	[-11.9, 11.9]	0.0	1.000
	8 weeks	32	2	6.3	33	2	6.1	0.2	[-11.5, 11.9]	0.0	0.975
	12 weeks	32	3	9.4	33	3	9.1	0.3	[-13.8, 14.4]	0.0	0.968
	4 weeks post-intervention	32	2	6.3	33	1	3.0	3.2	[-7.0, 13.4]	0.4	0.536
γ -glutamyl transpeptidase	4 weeks	32	1	3.1	32	3	9.4	-6.3	[-18.1, 5.6]	1.1	0.302
	8 weeks	32	0	0.0	33	3	9.1	-9.1	[-19.3, 1.1]	3.0	0.081
	12 weeks	32	3	9.4	33	3	9.1	0.3	[-13.8, 14.4]	0.0	0.968
	4 weeks post-intervention	32	3	9.4	33	2	6.1	3.3	[-9.6, 16.3]	0.3	0.616
Total bilirubin	4 weeks	32	1	3.1	32	1	3.1	0.0	[-8.5, 8.5]	0.0	1.000
	8 weeks	32	2	6.3	33	2	6.1	0.2	[-11.5, 11.9]	0.0	0.975
	12 weeks	32	3	9.4	33	3	9.1	0.3	[-13.8, 14.4]	0.0	0.968
	4 weeks post-intervention	32	3	9.4	33	2	6.1	3.3	[-9.6, 16.3]	0.3	0.616

Supplementary Table 1. Urinalysis and blood test findings

		Acacia group			Placebo group			Group difference (%)	95%CI	χ^2	P value
		n	Applicable participants	Applicable percentage (%)	n	Applicable participants	Applicable percentage (%)				
Total protein	4 weeks	32	3	9.4	32	1	3.1	6.3	[-5.6, 18.1]	1.1	0.302
	8 weeks	32	3	9.4	33	1	3.0	6.3	[-5.3, 18.0]	1.1	0.287
	12 weeks	32	2	6.3	33	1	3.0	3.2	[-7.0, 13.4]	0.4	0.536
	4 weeks post-intervention	32	4	12.5	33	0	0.0	12.5	[0.8, 24.2]	4.4	0.036 *
Urea nitrogen	4 weeks	32	3	9.4	32	0	0.0	9.4	[-1.0, 19.7]	3.1	0.076
	8 weeks	32	1	3.1	33	3	9.1	-6.0	[-17.7, 5.7]	1.0	0.317
	12 weeks	32	1	3.1	33	2	6.1	-2.9	[-13.1, 7.3]	0.3	0.573
	4 weeks post-intervention	32	3	9.4	33	1	3.0	6.3	[-5.3, 18.0]	1.1	0.287
Creatinine	4 weeks	32	2	6.3	32	0	0.0	6.3	[-2.3, 14.8]	2.1	0.151
	8 weeks	32	2	6.3	33	0	0.0	6.3	[-2.1, 14.6]	2.1	0.145
	12 weeks	32	1	3.1	33	0	0.0	3.1	[-2.9, 9.1]	1.0	0.306
	4 weeks post-intervention	32	3	9.4	33	0	0.0	9.4	[-0.8, 19.6]	3.2	0.072
Uric acid	4 weeks	32	0	0.0	32	1	3.1	-3.1	[-9.2, 3.0]	1.0	0.313
	8 weeks	32	2	6.3	33	4	12.1	-5.9	[-19.9, 8.2]	0.7	0.414
	12 weeks	32	2	6.3	33	1	3.0	3.2	[-7.0, 13.4]	0.4	0.536
	4 weeks post-intervention	32	1	3.1	33	2	6.1	-2.9	[-13.1, 7.3]	0.3	0.573
Sodium	4 weeks	32	0	0.0	32	0	0.0	0.0	NA	NA	NA
	8 weeks	32	0	0.0	33	0	0.0	0.0	NA	NA	NA
	12 weeks	32	0	0.0	33	0	0.0	0.0	NA	NA	NA
	4 weeks post-intervention	32	0	0.0	33	0	0.0	0.0	NA	NA	NA
Potassium	4 weeks	32	1	3.1	32	1	3.1	0.0	[-8.5, 8.5]	0.0	1.000
	8 weeks	32	2	6.3	33	0	0.0	6.3	[-2.1, 14.6]	2.1	0.145
	12 weeks	32	1	3.1	33	1	3.0	0.1	[-8.3, 8.5]	0.0	0.982
	4 weeks post-intervention	32	2	6.3	33	1	3.0	3.2	[-7.0, 13.4]	0.4	0.536
Chloride	4 weeks	32	0	0.0	32	0	0.0	0.0	NA	NA	NA
	8 weeks	32	0	0.0	33	0	0.0	0.0	NA	NA	NA
	12 weeks	32	0	0.0	33	1	3.0	-3.0	[-9.0, 3.0]	1.0	0.321
	4 weeks post-intervention	32	0	0.0	33	1	3.0	-3.0	[-9.0, 3.0]	1.0	0.321
Serum amylase	4 weeks	32	0	0.0	32	0	0.0	0.0	NA	NA	NA
	8 weeks	32	0	0.0	33	0	0.0	0.0	NA	NA	NA
	12 weeks	32	0	0.0	33	2	6.1	-6.1	[-14.5, 2.3]	2.0	0.157
	4 weeks post-intervention	32	0	0.0	33	0	0.0	0.0	NA	NA	NA
Total cholesterol	4 weeks	32	4	12.5	32	1	3.1	9.4	[-3.8, 22.5]	2.0	0.162
	8 weeks	32	3	9.4	33	2	6.1	3.3	[-9.6, 16.3]	0.3	0.616
	12 weeks	32	8	25.0	33	1	3.0	22.0	[5.2, 38.8]	6.6	0.010 *
	4 weeks post-intervention	32	7	21.9	33	1	3.0	18.8	[2.9, 34.8]	5.3	0.021 *
High-density lipoprotein-cholesterol	4 weeks	32	0	0.0	32	1	3.1	-3.1	[-9.2, 3.0]	1.0	0.313
	8 weeks	32	0	0.0	33	1	3.0	-3.0	[-9.0, 3.0]	1.0	0.321
	12 weeks	32	0	0.0	33	0	0.0	0.0	NA	NA	NA
	4 weeks post-intervention	32	1	3.1	33	1	3.0	0.1	[-8.3, 8.5]	0.0	0.982
Low-density lipoprotein-cholesterol	4 weeks	32	4	12.5	32	0	0.0	12.5	[0.6, 24.4]	4.3	0.039 *
	8 weeks	32	0	0.0	33	0	0.0	0.0	NA	NA	NA
	12 weeks	32	5	15.6	33	0	0.0	15.6	[2.7, 28.6]	5.6	0.018 *
	4 weeks post-intervention	32	6	18.8	33	3	9.1	9.7	[-7.1, 26.5]	1.3	0.260
Triglyceride	4 weeks	32	2	6.3	32	6	18.8	-12.5	[-28.7, 3.7]	2.3	0.131
	8 weeks	32	5	15.6	33	3	9.1	6.5	[-9.4, 22.5]	0.6	0.423
	12 weeks	32	5	15.6	33	5	15.2	0.5	[-17.1, 18.0]	0.0	0.958
	4 weeks post-intervention	32	6	18.8	33	3	9.1	9.7	[-7.1, 26.5]	1.3	0.260
Glucose	4 weeks	32	1	3.1	32	1	3.1	0.0	[-8.5, 8.5]	0.0	1.000
	8 weeks	32	2	6.3	33	2	6.1	0.2	[-11.5, 11.9]	0.0	0.975
	12 weeks	32	1	3.1	33	1	3.0	0.1	[-8.3, 8.5]	0.0	0.982
	4 weeks post-intervention	32	1	3.1	33	2	6.1	-2.9	[-13.1, 7.3]	0.3	0.573

Supplementary Table 1. Urinalysis and blood test findings

		Acacia group		Placebo group		Group difference (%)	95% CI	χ^2	P value		
		n	Applicable participants	Applicable percentage (%)	n					Applicable participants	Applicable percentage (%)
Hemoglobin A1c (NGSP)	4 weeks	32	0	0.0	32	1	3.1	-3.1	[-9.2, 3.0]	1.0	0.313
	8 weeks	32	0	0.0	33	0	0.0	0.0	NA	NA	NA
	12 weeks	32	0	0.0	33	0	0.0	0.0	NA	NA	NA
	4 weeks post-intervention	32	0	0.0	33	0	0.0	0.0	NA	NA	NA

Data are presented as the number of applicable participants and the percentage of groups at each time point, the difference in applicable percentage and its 95% confidence interval (CI), and the chi-square value.

Scr, screening examination; 4, 8, and 12 weeks, after 4, 8, and 12 weeks of intervention; 4 weeks post-intervention, additional post-intervention examination done 4 weeks after the end of the 12-week intervention.

* $P < 0.05$; NA, Not Available

Supplementary Table 2. Physical examination findings

		Acacia group							Placebo group						
		n	Mean	SD	Med	Min	Max	95%CI	n	Mean	SD	Med	Min	Max	95%CI
Height (cm)	Scr	32	163.6	7.3	163.0	149.0	179.5	[161.0, 166.3]	33	163.2	6.8	163.6	151.2	174.3	[160.8, 165.6]
	4 weeks	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	8 weeks	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	12 weeks	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	4 weeks post-intervention	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Body weight (kg)	Scr	32	72.3	6.8	73.1	58.8	88.2	[69.8, 74.7]	33	72.9	8.0	70.1	57.1	87.9	[70.0, 75.7]
	4 weeks	32	72.2	7.2	73.1	56.6	88.3	[69.6, 74.8]	33	72.7	15.3	69.3	0.0	88.7	[67.2, 78.1]
	8 weeks	32	72.0	7.2	73.0	56.6	87.4	[69.4, 74.6]	33	72.0	8.5	70.1	57.4	88.6	[69.0, 75.0]
	12 weeks	32	72.3	7.3	73.7	55.9	88.7	[69.6, 74.9]	33	72.1	8.7	69.9	57.8	89.7	[69.0, 75.2]
	4 weeks post-intervention	32	72.3	6.9	73.4	57.2	86.2	[69.8, 74.8]	33	72.1	8.8	70.1	57.3	89.6	[69.0, 75.3]
Body mass index (kg/m ²)	Scr	32	27.0	1.6	26.5	25.0	29.8	[26.4, 27.5]	33	27.3	1.4	27.3	25.0	29.6	[26.8, 27.8]
	4 weeks	32	27.0	1.6	26.4	24.6	30.3	[26.4, 27.5]	33	27.2	5.0	27.6	0.0	30.0	[25.4, 28.9]
	8 weeks	32	26.8	1.5	26.3	24.5	30.3	[26.3, 27.4]	33	27.0	1.7	27.0	23.9	30.0	[26.4, 27.6]
	12 weeks	32	27.0	1.5	26.6	23.9	29.8	[26.4, 27.5]	33	27.0	1.7	26.9	23.4	29.7	[26.4, 27.6]
	4 weeks post-intervention	32	27.0	1.4	26.6	24.3	30.3	[26.5, 27.5]	33	27.0	1.8	26.8	23.4	29.7	[26.4, 27.6]
Systolic blood pressure (mmHg)	Scr	32	132.4	20.3	130.5	101.0	201.0	[125.1, 139.7]	33	125.6	17.2	122.0	96.0	177.0	[119.5, 131.7]
	4 weeks	32	129.4	19.4	128.0	98.0	179.0	[122.4, 136.4]	33	123.2	27.4	119.0	0.0	167.0	[113.5, 132.9]
	8 weeks	32	128.4	21.3	123.5	96.0	188.0	[120.7, 136.1]	33	125.7	15.1	126.0	99.0	157.0	[120.4, 131.1]
	12 weeks	32	128.6	15.6	131.0	102.0	158.0	[123.0, 134.3]	33	124.7	14.6	120.0	103.0	152.0	[119.5, 129.9]
	4 weeks post-intervention	32	129.5	19.2	130.0	97.0	176.0	[122.5, 136.4]	33	126.3	15.6	126.0	95.0	160.0	[120.8, 131.8]
Diastolic blood pressure (mmHg)	Scr	32	86.7	14.8	85.5	62.0	126.0	[81.4, 92.1]	33	82.5	13.6	82.0	59.0	116.0	[77.7, 87.4]
	4 weeks	32	84.9	13.8	84.5	63.0	115.0	[80.0, 89.9]	33	79.3	17.8	77.0	0.0	110.0	[73.0, 85.6]
	8 weeks	32	84.0	15.2	85.5	56.0	115.0	[78.5, 89.4]	33	81.9	12.4	80.0	59.0	109.0	[77.5, 86.3]
	12 weeks	32	83.5	11.7	85.0	57.0	112.0	[79.3, 87.8]	33	79.9	10.5	78.0	62.0	107.0	[76.2, 83.6]
	4 weeks post-intervention	32	85.7	13.1	85.0	61.0	115.0	[80.9, 90.4]	33	81.4	12.1	80.0	62.0	106.0	[77.1, 85.7]

Data are presented as mean, standard deviation (SD), median (Med), minimum (Min), maximum (Max) and 95% confidence interval (CI).

Scr, screening examination; 4, 8, and 12 weeks, after 4, 8, and 12 weeks of intervention; 4 weeks post-intervention, additional post-intervention examination done 4 weeks after the end of the 12-week intervention.

Supplementary Table 3. Urinalysis findings

		Acacia group			Placebo group	
		Judgment value	Applicable participants	Applicable percentage (%)	Applicable participants	Applicable percentage (%)
Urine protein qualitative	Scr	(-)	31	96.9	32	97.0
		(±)	1	3.1	1	3.0
		(+)	0	0.0	0	0.0
		(2+)	0	0.0	0	0.0
		(3+)	0	0.0	0	0.0
	4 weeks	(-)	29	90.6	32	100.0
		(±)	2	6.3	0	0.0
		(+)	1	3.1	0	0.0
		(2+)	0	0.0	0	0.0
		(3+)	0	0.0	0	0.0
	8 weeks	(-)	30	93.8	30	90.9
		(±)	2	6.3	1	3.0
		(+)	0	0.0	2	6.1
		(2+)	0	0.0	0	0.0
		(3+)	0	0.0	0	0.0
	12 weeks	(-)	31	96.9	29	87.9
		(±)	0	0.0	3	9.1
		(+)	1	3.1	1	3.0
		(2+)	0	0.0	0	0.0
		(3+)	0	0.0	0	0.0
	4 weeks post-intervention	(-)	24	75.0	31	93.9
		(±)	7	21.9	2	6.1
		(+)	0	0.0	0	0.0
		(2+)	0	0.0	0	0.0
		(3+)	1	3.1	0	0.0
Urine glucose qualitative	Scr	(-)	30	93.8	32	97.0
		(±)	1	3.1	0	0.0
		(+)	0	0.0	0	0.0
		(2+)	0	0.0	0	0.0
		(3+)	1	3.1	1	3.0
	4 weeks	(-)	29	90.6	31	96.9
		(±)	0	0.0	0	0.0
		(+)	0	0.0	0	0.0
		(2+)	2	6.3	0	0.0
		(3+)	1	3.1	1	3.1
	8 weeks	(-)	31	96.9	32	97.0
		(±)	0	0.0	0	0.0
		(+)	0	0.0	0	0.0
		(2+)	0	0.0	0	0.0
		(3+)	1	3.1	1	3.0
	12 weeks	(-)	30	93.8	31	93.9
		(±)	0	0.0	1	3.0

Supplementary Table 3. Urinalysis findings

		Acacia group		Placebo group			
		Judgment value	Applicable participants	Applicable percentage (%)	Applicable participants	Applicable percentage (%)	
		(+)	0	0.0	0	0.0	
		(2+)	1	3.1	0	0.0	
		(3+)	1	3.1	1	3.0	
4 weeks post-intervention		(-)	31	96.9	31	93.9	
		(±)	0	0.0	1	3.0	
		(+)	0	0.0	0	0.0	
		(2+)	0	0.0	0	0.0	
		(3+)	1	3.1	1	3.0	
Urine pH	Scr	< 5.0	0	0.0	0	0.0	
		5.0 ~ 7.5	32	100.0	33	100.0	
		> 7.5	0	0.0	0	0.0	
	4 weeks	< 5.0	0	0.0	0	0.0	
		5.0 ~ 7.5	32	100.0	32	100.0	
		> 7.5	0	0.0	0	0.0	
	8 weeks	< 5.0	0	0.0	0	0.0	
		5.0 ~ 7.5	32	100.0	33	100.0	
		> 7.5	0	0.0	0	0.0	
	12 weeks	< 5.0	0	0.0	0	0.0	
		5.0 ~ 7.5	31	96.9	33	100.0	
		> 7.5	1	3.1	0	0.0	
	4 weeks post-intervention	< 5.0	0	0.0	0	0.0	
		5.0 ~ 7.5	31	96.9	33	100.0	
		> 7.5	1	3.1	0	0.0	
	Urinary occult blood reaction	Scr	(-)	30	93.8	31	93.9
			(±)	1	3.1	2	6.1
			(+)	0	0.0	0	0.0
(2+)			0	0.0	0	0.0	
(3+)			1	3.1	0	0.0	
4 weeks		(-)	29	90.6	32	100.0	
		(±)	0	0.0	0	0.0	
		(+)	1	3.1	0	0.0	
		(2+)	0	0.0	0	0.0	
		(3+)	2	6.3	0	0.0	
8 weeks		(-)	32	100.0	32	97.0	
		(±)	0	0.0	0	0.0	
		(+)	0	0.0	0	0.0	
		(2+)	0	0.0	0	0.0	
		(3+)	0	0.0	1	3.0	
12 weeks		(-)	31	96.9	32	97.0	
		(±)	0	0.0	1	3.0	
		(+)	0	0.0	0	0.0	
	(2+)	1	3.1	0	0.0		
	(3+)	0	0.0	0	0.0		

Supplementary Table 3. Urinalysis findings

	Judgment value	Acacia group		Placebo group	
		Applicable participants	Applicable percentage (%)	Applicable participants	Applicable percentage (%)
4 weeks post-intervention	(-)	30	93.8	33	100.0
	(±)	0	0.0	0	0.0
	(+)	0	0.0	0	0.0
	(2+)	1	3.1	0	0.0
	(3+)	1	3.1	0	0.0

Data are presented as the number of applicable participants and the percentage of groups in each judgment value at each time point.

Scr, screening examination; 4, 8, and 12 weeks, after 4, 8, and 12 weeks of intervention; 4 weeks post-intervention, additional post-intervention examination done 4 weeks after the end of the 12-week intervention.

Supplementary Table 4. Blood test findings

		Category	Lower limit of reference value	Upper limit of reference value	Acacia group							Placebo group						
					n	Mean	SD	Med	Min	Max	95%CI	n	Mean	SD	Med	Min	Max	95%CI
White blood cell count (μL)	Scr	MIX	3300	9000	32	5788	1203	5850	3200	8000	[5,354, 6,221]	33	6379	1193	6500	4200	8800	[5,956, 6,802]
	4 weeks	MIX	3300	9000	32	5616	1256	5600	2800	8600	[5,163, 6,069]	32	6528	1385	6400	4300	9800	[6,029, 7,027]
	8 weeks	MIX	3300	9000	32	5625	1471	5200	3000	9900	[5,095, 6,155]	33	6497	1438	6500	4200	9800	[5,987, 7,007]
	12 weeks	MIX	3300	9000	32	6131	1624	5700	4200	12000	[5,546, 6,717]	33	6473	1334	6400	3900	9800	[6,000, 6,946]
	4 weeks post-intervention	MIX	3300	9000	32	5813	1366	6050	2500	8900	[5,320, 6,305]	33	6464	1200	6300	4600	9300	[6,038, 6,889]
Red blood cell count ($\times 10^4/\mu\text{L}$)	Scr	MIX	-	-	32	479	38	472	393	546	[466, 493]	33	494	43	487	417	580	[479, 509]
		M	430	570	17	495	36	493	431	546	[477, 514]	17	521	39	524	452	580	[501, 541]
		F	380	500	15	461	33	465	393	512	[443, 479]	16	465	26	470	417	502	[452, 479]
	4 weeks	MIX	-	-	32	472	35	467	416	545	[460, 485]	32	479	42	467	413	581	[463, 494]
		M	430	570	17	486	35	483	425	545	[468, 504]	17	506	36	508	447	581	[488, 525]
		F	380	500	15	457	30	456	416	520	[441, 473]	15	447	22	444	413	492	[435, 459]
	8 - weeks	MIX	-	-	32	476	36	478	417	536	[463, 489]	33	482	45	480	412	592	[466, 498]
		M	430	570	17	492	36	489	423	536	[473, 510]	17	511	41	502	446	599	[490, 532]
		F	380	500	15	459	27	455	417	506	[444, 474]	16	451	25	449	412	501	[437, 464]
	12 weeks	MIX	-	-	32	473	37	476	417	537	[460, 486]	33	482	50	475	395	617	[464, 500]
		M	430	570	17	489	35	487	417	537	[471, 507]	17	514	46	509	445	617	[491, 538]
		F	380	500	15	455	31	448	422	519	[438, 472]	16	448	27	447	395	494	[434, 463]
4 weeks post-intervention	MIX	-	-	32	472	39	473	371	547	[457, 486]	33	476	45	471	399	571	[461, 492]	
	M	430	570	17	489	33	498	421	547	[472, 506]	17	508	34	500	456	571	[491, 526]	
	F	380	500	15	452	37	447	371	500	[431, 472]	16	442	24	440	399	480	[429, 455]	
Hemoglobin (g/dL)	Scr	MIX	-	-	32	14.4	1.1	14.5	12.0	16.5	[14.0, 14.8]	33	14.7	1.3	14.9	11.9	17.0	[14.3, 15.2]
		M	13.5	17.5	17	15.1	0.8	15.0	13.7	16.5	[14.7, 15.5]	17	15.6	0.9	15.3	14.1	17.0	[15.1, 16.0]
		F	11.5	15.0	15	13.7	0.9	13.8	12.0	15.0	[13.2, 14.2]	16	13.8	0.9	14.0	11.9	14.9	[13.3, 14.3]
	4 weeks	MIX	-	-	32	14.2	1.1	14.2	12.2	16.0	[13.8, 14.5]	32	14.3	1.1	14.3	11.9	16.5	[13.9, 14.7]
		M	13.5	17.5	17	14.8	0.7	14.8	13.5	16.0	[14.5, 15.2]	17	15.1	0.7	15.0	14.2	16.5	[14.7, 15.4]
		F	11.5	15.0	15	13.4	0.9	13.4	12.2	15.2	[12.9, 13.9]	15	13.4	0.8	13.5	11.9	14.9	[12.9, 13.8]
	8 - weeks	MIX	-	-	32	14.2	1.1	14.3	11.5	15.9	[13.8, 14.6]	33	14.4	1.3	14.6	11.7	17.2	[14.0, 14.9]
		M	13.5	17.5	17	14.9	0.8	15.0	12.9	15.9	[14.5, 15.3]	17	15.3	0.9	15.1	13.6	17.2	[14.8, 15.8]
		F	11.5	15.0	15	13.4	0.9	13.6	11.5	15.0	[12.9, 13.9]	16	13.5	1.0	13.7	11.7	14.8	[13.0, 14.0]
	12 weeks	MIX	-	-	32	14.3	1.2	14.5	11.3	16.0	[13.8, 14.7]	33	14.4	1.4	14.4	11.4	17.5	[13.9, 14.9]
		M	13.5	17.5	17	15.0	0.8	15.2	13.1	16.0	[14.6, 15.4]	17	15.4	0.9	15.2	14.1	17.5	[14.9, 15.9]
		F	11.5	15.0	15	13.4	1.1	13.6	11.3	15.0	[12.8, 14.0]	16	13.4	1.0	13.6	11.4	14.9	[12.9, 13.9]
4 weeks post-intervention	MIX	-	-	32	14.1	1.3	14.4	10.7	16.3	[13.7, 14.6]	33	14.2	1.4	14.2	11.3	16.7	[13.8, 14.7]	
	M	13.5	17.5	17	15.0	0.7	14.9	13.7	16.3	[14.6, 15.3]	17	15.3	0.8	15.2	13.9	16.7	[14.9, 15.7]	
	F	11.5	15.0	15	13.2	1.1	13.5	10.7	14.7	[12.6, 13.8]	16	13.2	0.9	13.4	11.3	14.3	[12.7, 13.6]	
Hematocrit (%)	Scr	MIX	-	-	32	44.8	3.1	44.3	36.8	49.9	[43.6, 45.9]	33	46.1	3.4	46.3	38.0	52.1	[44.9, 47.3]
		M	39.7	52.4	17	46.6	2.3	46.5	43.5	49.9	[45.4, 47.8]	17	48.1	2.5	48.8	42.5	52.1	[46.8, 49.4]
		F	34.8	45.0	15	42.7	2.4	43.0	36.8	46.7	[41.3, 44.0]	16	43.9	2.8	44.2	38.0	47.3	[42.5, 45.4]
	4 weeks	MIX	-	-	32	44.3	3.2	44.1	37.8	50.6	[43.2, 45.5]	32	44.8	3.1	44.5	39.2	51.3	[43.7, 45.9]
		M	39.7	52.4	17	46.0	2.5	45.9	41.3	50.6	[44.7, 47.3]	17	46.9	2.2	46.3	44.1	51.3	[45.7, 48.0]
		F	34.8	45.0	15	42.4	2.8	42.5	37.8	48.3	[40.8, 43.9]	15	42.5	2.1	42.3	39.2	46.2	[41.4, 43.7]
	8 - weeks	MIX	-	-	32	44.7	3.4	44.8	38.0	50.4	[43.5, 45.9]	33	45.2	3.7	45.2	36.8	53.0	[43.9, 46.5]
		M	39.7	52.4	17	46.7	2.6	47.3	41.1	50.4	[45.4, 48.1]	17	47.4	2.8	46.9	43.3	53.0	[46.0, 48.9]
		F	34.8	45.0	15	42.4	2.8	42.4	38.0	46.4	[40.9, 43.9]	16	42.9	2.9	43.3	36.8	48.6	[41.3, 44.5]
	12 weeks	MIX	-	-	32	44.2	3.6	44.3	38.2	49.6	[42.9, 45.5]	33	45.1	4.0	44.6	36.8	55.1	[43.7, 46.5]
		M	39.7	52.4	17	46.1	3.0	46.2	39.6	49.6	[44.6, 47.7]	17	47.7	3.2	46.8	43.1	55.1	[46.1, 49.3]
		F	34.8	45.0	15	42.0	2.8	41.9	38.2	46.8	[40.5, 43.5]	16	42.3	2.6	42.6	36.8	46.3	[40.9, 43.6]
4 weeks post-intervention	MIX	-	-	32	44.0	3.7	44.2	33.9	51.0	[42.6, 45.3]	33	44.5	3.7	45.0	37.1	51.1	[43.2, 45.8]	
	M	39.7	52.4	17	46.0	2.4	45.8	42.5	51.0	[44.8, 47.3]	17	47.2	2.4	46.9	43.4	51.1	[45.9, 48.4]	
	F	34.8	45.0	15	41.6	3.5	42.3	33.9	46.0	[39.7, 43.5]	16	41.6	2.4	41.3	37.1	45.5	[40.4, 42.9]	
Platelet count ($\times 10^7/\mu\text{L}$)	Scr	MIX	14.0	34.0	32	27.7	6.8	26.6	14.5	46.2	[25.2, 30.1]	33	26.7	5.6	27.2	13.7	41.9	[24.7, 28.6]
	4 weeks	MIX	14.0	34.0	32	26.7	6.4	26.2	14.4	38.8	[24.4, 29.0]	32	27.1	5.3	27.8	14.0	38.4	[25.2, 29.0]
	8 weeks	MIX	14.0	34.0	32	27.3	6.9	26.7	15.3	41.7	[24.8, 29.8]	33	26.5	6.7	26.8	11.5	42.7	[24.2, 28.9]
	12 weeks	MIX	14.0	34.0	32	27.2	7.2	26.2	14.4	48.2	[24.6, 29.8]	33	27.1	5.8	25.6	15.7	44.1	[25.0, 29.1]
	4 weeks post-intervention	MIX	14.0	34.0	32	27.4	7.0	27.1	14.5	43.4	[24.9, 29.9]	33	27.1	5.4	26.8	14.5	38.6	[25.2, 29.0]
Aspartate aminotransferase (U/L)	Scr	MIX	10	40	32	24	10	22	8	53	[20, 27]	33	24	10	23	13	59	[20, 27]
	4 weeks	MIX	10	40	32	24	9	22	12	53	[21, 27]	32	23	8	22	11	48	[20, 26]
	8 weeks	MIX	10	40	32	24	9	22	15	57	[20, 27]	33	22	10	20	11	69	[19, 26]
	12 weeks	MIX	10	40	32	27	12	22	16	70	[22, 31]	33	24	11	21	9	71	[20, 28]
	4 weeks post-intervention	MIX	10	40	32	24	11	21	13	58	[20, 28]	33	23	7	21	13	43	[20, 25]
Alanine aminotransferase (U/L)	Scr	MIX	5	45	32	30	17	26	9	68	[24, 36]	33	28	19	26	10	95	[22, 35]
	4 weeks	MIX	5	45	32	28	14	25	10	63	[23, 33]	32	27	16	26	6	69	[21, 33]
	8 weeks	MIX	5	45	32	30	13	26	10	72	[25, 34]	33	27	17	22	8	80	[21, 33]
	12 weeks	MIX	5	45	32	34	19	32	13	90	[27, 41]	33	29	20	24	7	100	[22, 36]
	4 weeks post-intervention	MIX	5	45	32	29	17	23	10	77	[23, 36]	33	25	15	20	7	67	[20, 31]
γ -glutamyl transpeptidase (U/L)	Scr	MIX	-	-	32	50	48	33	15	193	[33, 67]	33	43	43	30	12	201	[28, 59]
		M	0	80	17	58	50	40	15	193	[32, 84]	17	63	53	43	23	201	[36, 90]
		F	0	30	15	41	45	28	16	193	[17, 66]	16	22	9	18	12	39	[17, 27]
	4 weeks	MIX	-	-	32	43	37	29	11	17								

Supplementary Table 4. Blood test findings

		Category	Lower limit of reference value	Upper limit of reference value	Acacia group							Placebo group						
					n	Mean	SD	Med	Min	Max	95%CI	n	Mean	SD	Med	Min	Max	95%CI
Total protein (g/dL)	Scr	MIX	6.7	8.3	32	7.1	0.3	7.1	6.5	8.1	[7.0, 7.2]	33	7.2	0.4	7.2	6.3	7.9	[7.1, 7.4]
	4 weeks	MIX	6.7	8.3	32	7.0	0.4	7.1	6.1	8.1	[6.9, 7.2]	32	7.1	0.3	7.2	6.5	7.7	[7.0, 7.3]
	8 weeks	MIX	6.7	8.3	32	7.1	0.3	7.2	6.4	7.8	[7.0, 7.2]	33	7.2	0.4	7.2	6.6	7.9	[7.0, 7.3]
	12 weeks	MIX	6.7	8.3	32	7.1	0.3	7.2	6.4	7.7	[7.0, 7.2]	33	7.2	0.4	7.1	6.5	8.1	[7.0, 7.3]
	4 weeks post-intervention	MIX	6.7	8.3	32	7.1	0.4	7.1	6.3	8.1	[6.9, 7.2]	33	7.2	0.3	7.2	6.5	7.8	[7.1, 7.4]
Urea nitrogen (mg/dL)	Scr	MIX	8.0	20.0	32	12.1	2.6	12.6	7.7	20.0	[11.2, 13.1]	33	12.8	3.8	11.8	7.4	23.0	[11.4, 14.1]
	4 weeks	MIX	8.0	20.0	32	12.4	3.0	12.0	6.9	20.1	[11.4, 13.5]	32	12.5	3.0	12.6	6.5	19.2	[11.4, 13.6]
	8 weeks	MIX	8.0	20.0	32	12.5	2.8	12.3	6.6	18.0	[11.5, 13.5]	33	12.3	3.6	11.7	5.5	21.4	[11.0, 13.6]
	12 weeks	MIX	8.0	20.0	32	12.3	3.1	11.4	6.8	19.9	[11.1, 13.4]	33	12.6	3.5	12.7	6.5	20.4	[11.4, 13.9]
	4 weeks post-intervention	MIX	8.0	20.0	32	12.3	2.9	11.9	7.7	17.9	[11.2, 13.4]	33	12.7	3.0	12.5	6.5	17.9	[11.7, 13.8]
Creatinine (mg/dL)	Scr	MIX	-	-	32	0.72	0.15	0.70	0.47	1.03	[0.67, 0.77]	33	0.72	0.13	0.72	0.51	0.99	[0.68, 0.77]
		M	0.61	1.04	17	0.82	0.10	0.81	0.68	1.03	[0.77, 0.88]	17	0.80	0.11	0.79	0.60	0.99	[0.74, 0.86]
		F	0.47	0.79	15	0.60	0.08	0.61	0.47	0.74	[0.56, 0.64]	16	0.64	0.10	0.63	0.51	0.89	[0.59, 0.69]
	4 weeks	MIX	-	-	32	0.73	0.14	0.73	0.46	1.06	[0.68, 0.78]	32	0.73	0.12	0.73	0.51	0.95	[0.69, 0.77]
		M	0.61	1.04	17	0.83	0.09	0.81	0.72	1.06	[0.78, 0.87]	17	0.78	0.11	0.77	0.55	0.95	[0.73, 0.84]
		F	0.47	0.79	15	0.62	0.08	0.63	0.46	0.78	[0.57, 0.66]	15	0.67	0.10	0.64	0.51	0.89	[0.61, 0.72]
	8 - weeks	MIX	-	-	32	0.75	0.13	0.74	0.54	1.05	[0.70, 0.79]	33	0.74	0.12	0.73	0.52	1.00	[0.69, 0.78]
		M	0.61	1.04	17	0.83	0.11	0.80	0.68	1.05	[0.77, 0.88]	17	0.79	0.10	0.77	0.63	0.97	[0.74, 0.85]
		F	0.47	0.79	15	0.66	0.08	0.65	0.54	0.83	[0.61, 0.70]	16	0.68	0.12	0.66	0.52	1.00	[0.62, 0.74]
	12 weeks	MIX	-	-	32	0.74	0.14	0.76	0.48	1.08	[0.69, 0.79]	33	0.73	0.12	0.70	0.54	0.97	[0.68, 0.77]
		M	0.61	1.04	17	0.84	0.09	0.84	0.72	1.08	[0.79, 0.89]	17	0.80	0.11	0.78	0.63	0.97	[0.74, 0.85]
		F	0.47	0.79	15	0.62	0.08	0.62	0.48	0.79	[0.57, 0.67]	16	0.65	0.09	0.63	0.54	0.86	[0.61, 0.70]
	4 weeks post-intervention	MIX	-	-	32	0.75	0.15	0.75	0.51	1.05	[0.70, 0.81]	33	0.73	0.12	0.69	0.57	0.97	[0.69, 0.77]
		M	0.61	1.04	17	0.85	0.11	0.85	0.72	1.05	[0.80, 0.91]	17	0.79	0.11	0.78	0.60	0.97	[0.73, 0.85]
		F	0.47	0.79	15	0.64	0.10	0.61	0.51	0.82	[0.58, 0.69]	16	0.66	0.10	0.64	0.57	0.94	[0.61, 0.72]
Uric acid (mg/dL)	Scr	MIX	-	-	32	5.5	1.5	5.7	2.6	8.8	[4.9, 6.0]	33	5.4	1.3	5.1	2.9	8.3	[5.0, 5.9]
		M	3.8	7.0	17	6.2	1.3	6.3	2.6	8.8	[5.6, 6.9]	17	6.3	1.1	6.3	4.5	8.3	[5.7, 6.8]
		F	2.5	7.0	15	4.6	1.2	4.1	3.1	7.1	[3.9, 5.2]	16	4.6	0.8	4.5	2.9	5.8	[4.2, 5.0]
	4 weeks	MIX	-	-	32	5.7	1.3	5.9	3.4	8.2	[5.2, 6.2]	32	5.4	1.2	5.3	2.9	8.3	[5.0, 5.9]
		M	3.8	7.0	17	6.4	1.1	6.5	3.6	8.2	[5.8, 7.0]	17	6.1	1.0	6.3	4.3	8.3	[5.6, 6.7]
		F	2.5	7.0	15	4.9	1.0	4.9	3.4	6.8	[4.4, 5.4]	15	4.6	0.8	4.4	2.9	6.4	[4.2, 5.1]
	8 - weeks	MIX	-	-	32	5.6	1.4	5.6	2.8	8.5	[5.1, 6.2]	33	5.5	1.2	5.5	3.5	7.6	[5.1, 5.9]
		M	3.8	7.0	17	6.4	1.4	6.2	2.8	8.5	[5.6, 7.1]	17	6.1	1.0	6.1	4.0	7.6	[5.6, 6.6]
		F	2.5	7.0	15	4.8	1.0	4.8	3.4	7.0	[4.2, 5.3]	16	5.0	1.0	4.7	3.5	7.4	[4.4, 5.5]
	12 weeks	MIX	-	-	32	5.8	1.5	6.1	3.4	8.8	[5.3, 6.3]	33	5.7	1.1	5.8	3.5	8.0	[5.3, 6.0]
		M	3.8	7.0	17	6.7	1.1	6.7	3.8	8.8	[6.1, 7.2]	17	6.3	0.9	6.2	5.0	8.0	[5.9, 6.8]
		F	2.5	7.0	15	4.8	1.2	4.5	3.4	7.0	[4.2, 5.4]	16	5.0	0.8	4.9	3.5	6.4	[4.5, 5.4]
	4 weeks post-intervention	MIX	-	-	32	5.9	1.3	5.9	3.8	9.5	[5.4, 6.4]	33	5.7	1.3	5.5	3.7	8.4	[5.3, 6.2]
		M	3.8	7.0	17	6.6	1.2	6.3	4.1	9.5	[6.0, 7.2]	17	6.4	1.1	6.4	4.4	8.4	[5.8, 7.0]
		F	2.5	7.0	15	5.1	1.0	4.9	3.8	6.9	[4.5, 5.6]	16	5.0	0.9	4.7	3.7	6.9	[4.5, 5.5]
Sodium (mEq/L)	Scr	MIX	137	147	32	141	2	142	136	145	[140.8, 142.1]	33	142	2	142	137	146	[140.8, 142.3]
	4 weeks	MIX	137	147	32	141	2	142	138	145	[140.8, 142.0]	32	142	2	141	139	146	[140.9, 142.2]
	8 weeks	MIX	137	147	32	142	2	141	139	145	[140.9, 142.2]	33	141	2	141	138	145	[140.7, 142.1]
	12 weeks	MIX	137	147	32	141	2	141	138	146	[140.7, 142.1]	33	141	2	141	138	145	[140.8, 142.1]
	4 weeks post-intervention	MIX	137	147	32	141	2	141	138	145	[140.7, 141.9]	33	141	2	141	138	146	[140.7, 141.9]
Potassium (mEq/L)	Scr	MIX	3.5	5.0	32	4.3	0.5	4.2	3.6	5.6	[4.1, 4.4]	33	4.2	0.4	4.2	3.5	6.0	[4.1, 4.4]
	4 weeks	MIX	3.5	5.0	32	3.9	0.3	3.9	3.4	4.6	[3.8, 4.0]	32	4.0	0.3	4.0	3.4	5.2	[3.9, 4.1]
	8 weeks	MIX	3.5	5.0	32	3.9	0.3	3.9	3.2	4.9	[3.8, 4.0]	33	3.9	0.3	3.9	3.5	5.1	[3.8, 4.1]
	12 weeks	MIX	3.5	5.0	32	4.0	0.4	4.0	3.4	5.0	[3.9, 4.1]	33	4.0	0.4	3.9	3.4	5.7	[3.8, 4.1]
	4 weeks post-intervention	MIX	3.5	5.0	32	4.0	0.4	4.0	3.4	4.7	[3.8, 4.1]	33	4.0	0.4	4.0	3.4	5.0	[3.9, 4.2]
Chloride (mEq/L)	Scr	MIX	98	108	32	102	2	102	97	107	[101, 103]	33	102	2	102	97	110	[102, 103]
	4 weeks	MIX	98	108	32	103	2	103	99	108	[102, 103]	32	103	2	103	98	108	[102, 104]
	8 weeks	MIX	98	108	32	102	2	102	97	105	[101, 103]	33	102	2	102	98	107	[102, 103]
	12 weeks	MIX	98	108	32	102	2	102	99	107	[102, 103]	33	103	2	103	98	109	[102, 103]
	4 weeks post-intervention	MIX	98	108	32	102	2	102	96	105	[101, 102]	33	102	2	102	97	109	[101, 103]
Serum amylase (U/L)	Scr	MIX	40	122	32	70	18	68	44	124	[63, 76]	33	79	28	67	44	159	[69, 89]
	4 weeks	MIX	40	122	32	68	14	70	48	102	[62, 73]	32	66	19	62	32	110	[59, 73]
	8 weeks	MIX	40	122	32	67	15	66	45	107	[62, 73]	33	66	17	62	44	101	[60, 72]
	12 weeks	MIX	40	122	32	68	16	68	43	114	[62, 74]	33	65	20	61	33	127	[57, 72]
	4 weeks post-intervention	MIX	40	122	32	69	18	65	43	108	[62, 75]	33	68	20	60	45	117	[61, 75]
Total cholesterol (mg/dL)	Scr	MIX	120	219	32	219	30	219	157	299	[208, 230]	33	220	32	228	135	272	[209, 232]
	4 weeks	MIX	120	219	32	215	33	210	139	297	[203, 227]	32	214	43	208	137	321	[199, 230]
	8 weeks	MIX	120	219	32	213	26	209	157	302	[204, 223]	33	213	39	213	135	304	[200, 227]
	12 weeks	MIX	120	219	32	219	32	219	161	302	[208, 231]	33	215	39	212	139	306	[201, 229]
	4 weeks post-intervention	MIX	120	219	32	219	32	220	146	325	[208, 231]	33	216	45	214	126	309	[201, 232]
High density lipoprotein-cholesterol (mg/dL)	Scr	MIX	-	-	32	63	16	63	40	105	[58, 69]	33	60	15	62	30	107	[54, 65]
		M	40	85	17	59	18	52	40	95	[50, 69]	17</						

Supplementary Table 4. Blood test findings

	Category	Lower limit of reference value	Upper limit of reference value	Acacia group							Placebo group							
				n	Mean	SD	Med	Min	Max	95%CI	n	Mean	SD	Med	Min	Max	95%CI	
	8 weeks	MIX	30	149	32	135	71	120	42	316	[110, 161]	33	152	151	111	47	934	[98, 205]
	12 weeks	MIX	30	149	32	127	56	113	41	318	[106, 147]	33	139	80	117	50	439	[111, 168]
	4 weeks post-intervention	MIX	30	149	32	150	87	108	53	455	[119, 181]	33	129	74	107	51	423	[103, 155]
Glucose (mg/dL)	Scr	MIX	70	109	32	94	9	93	81	114	[90, 97]	33	91	10	91	71	116	[88, 95]
	4 weeks	MIX	70	109	32	93	12	90	72	141	[89, 98]	32	89	9	86	75	115	[86, 93]
	8 weeks	MIX	70	109	32	95	15	90	80	150	[90, 101]	33	90	11	87	77	120	[86, 94]
	12 weeks	MIX	70	109	32	92	12	92	75	140	[88, 96]	33	90	10	87	78	119	[86, 93]
	4 weeks post-intervention	MIX	70	109	32	94	13	93	76	144	[89, 99]	33	88	11	88	63	120	[84, 92]
Hemoglobin A1c (NGSP) (%)	Scr	MIX	4.6	6.2	32	5.5	0.4	5.4	4.9	6.9	[5.3, 5.6]	33	5.5	0.4	5.4	4.9	6.5	[5.4, 5.6]
	4 weeks	MIX	4.6	6.2	32	5.5	0.4	5.4	4.9	7.1	[5.3, 5.6]	32	5.5	0.4	5.5	4.9	6.4	[5.3, 5.6]
	8 weeks	MIX	4.6	6.2	32	5.5	0.4	5.4	4.9	6.8	[5.3, 5.6]	33	5.5	0.3	5.5	4.9	6.4	[5.4, 5.6]
	12 weeks	MIX	4.6	6.2	32	5.5	0.4	5.4	4.9	6.9	[5.4, 5.7]	33	5.5	0.3	5.5	4.9	6.6	[5.4, 5.6]
	4 weeks post-intervention	MIX	4.6	6.2	32	5.5	0.4	5.5	5.0	7.3	[5.4, 5.7]	33	5.5	0.4	5.5	4.9	6.6	[5.4, 5.6]

Data are presented as mean, standard deviation (SD), median (Med), minimum (Min), maximum (Max) and 95% confidence interval (CI).

Scr, screening examination; 4, 8, and 12 weeks, after 4, 8, and 12 weeks of intervention; 4 weeks post-intervention, additional post-intervention examination done 4 weeks after the end of the 12-week intervention.

MIX: both male and female; M: male; F: female

Supplementary Table 5. Nutritional composition in dietary survey

		Acacia group					Placebo group					Group difference	95% CI	P value		
		n	Mean	SD	Med	Min	Max	n	Mean	SD	Med				Min	Max
Total weight (g)	Scr	32	2542.1	1049.5	2419.6	1130.5	6845.3	33	2555.1	775.1	2378.6	1298.3	4654.1	-13.1	[-472.4, 446.3]	0.955
	4 weeks	32	2606.3	745.9	2420.8	1529.1	4166.8	32	2609.7	924.8	2380.1	1343.5	5111.5	-3.3	[-423.6, 416.9]	0.987
	8 weeks	32	2691.1	878.8	2421.9	1169.4	4346.2	33	2508.2	907.3	2327.2	1182.4	4750.6	182.9	[-259.8, 625.6]	0.412
	12 weeks	32	2601.3	873.6	2583.1	994.1	4183.1	33	2636.0	815.4	2570.4	1188.3	4444.8	-34.7	[-454.0, 384.5]	0.869
	4 weeks post-intervention	32	2590.8	1004.1	2244.3	1054.8	5349.7	33	2718.6	816.6	2768.4	1147.0	4100.2	-127.8	[-582.7, 327.1]	0.576
Energy (kcal)	Scr	32	2269.3	727.0	2106.7	1177.9	5162.7	33	2195.4	570.9	2035.4	1381.6	3648.5	73.9	[-251.2, 399.0]	0.651
	4 weeks	32	2361.0	568.9	2281.8	1508.3	4229.8	32	2322.2	829.5	2216.8	1061.5	4862.2	38.7	[-317.6, 395.1]	0.828
	8 weeks	32	2384.2	672.8	2238.3	1301.2	3771.8	33	2180.0	689.3	2231.4	956.5	4368.1	204.3	[-133.3, 541.9]	0.231
	12 weeks	32	2332.6	701.5	2308.1	1177.4	4195.8	33	2306.4	726.4	2302.8	1010.4	4221.4	26.2	[-327.7, 380.1]	0.883
	4 weeks post-intervention	32	2247.7	747.2	2074.0	977.2	4351.3	33	2265.3	748.1	2152.0	812.9	3810.7	-17.6	[-388.3, 353.1]	0.925
Water (g)	Scr	32	2059.8	917.7	1912.5	879.3	5762.4	33	2085.1	674.3	1956.6	998.0	4011.5	-25.3	[-426.3, 375.7]	0.900
	4 weeks	32	2107.6	656.4	1919.8	1185.9	3590.2	32	2116.2	781.0	1894.0	997.2	4089.4	-8.6	[-369.3, 352.1]	0.962
	8 weeks	32	2183.2	768.8	1871.6	812.9	3668.8	33	2041.2	788.1	1816.3	901.8	4018.8	142.0	[-243.9, 527.9]	0.465
	12 weeks	32	2102.8	756.6	1983.2	714.1	3458.3	33	2145.4	691.8	2006.9	970.6	3791.1	-42.6	[-402.3, 317.1]	0.814
	4 weeks post-intervention	32	2112.7	862.5	1785.4	715.9	4441.7	33	2234.2	680.7	2257.9	967.7	3443.1	-121.6	[-508.0, 264.8]	0.531
Protein, calculated from reference nitrogen (g)	Scr	32	93.0	32.9	83.8	56.6	205.3	33	87.1	26.6	83.9	50.8	161.4	5.9	[-9.0, 20.7]	0.434
	4 weeks	32	97.6	26.8	92.7	58.0	183.2	32	93.6	37.6	85.0	52.4	187.6	3.9	[-12.4, 20.3]	0.633
	8 weeks	32	91.2	26.6	86.8	47.4	153.8	33	82.5	27.1	84.7	33.9	162.1	8.7	[-4.6, 22.0]	0.197
	12 weeks	32	90.8	30.5	92.5	27.5	160.1	33	91.6	30.3	88.7	39.1	161.9	-0.8	[-15.9, 14.2]	0.911
	4 weeks post-intervention	32	87.5	33.4	83.6	41.5	178.0	33	88.2	30.6	85.4	23.2	147.1	-0.7	[-16.6, 15.2]	0.933
Protein, calculated as the sum of amino acid residues (g)	Scr	32	67.6	20.5	62.3	42.8	133.8	33	65.2	19.5	62.6	37.2	115.6	2.4	[-7.5, 12.3]	0.633
	4 weeks	32	70.8	18.6	68.2	40.8	132.2	32	68.8	24.7	63.0	22.8	125.8	2.1	[-8.9, 13.0]	0.709
	8 weeks	32	67.4	19.7	63.6	34.7	117.2	33	62.0	19.5	63.7	26.4	113.5	5.4	[-4.3, 15.1]	0.272
	12 weeks	32	67.1	20.8	69.6	22.1	107.6	33	67.3	21.6	64.5	32.7	110.6	-0.2	[-10.7, 10.3]	0.964
	4 weeks post-intervention	32	64.8	23.1	63.7	32.7	121.4	33	66.4	22.2	62.0	16.0	106.5	-1.6	[-12.9, 9.6]	0.771
Lipid (g)	Scr	32	78.3	33.5	69.2	38.9	203.5	33	74.8	22.4	66.4	36.1	124.3	3.5	[-10.7, 17.7]	0.623
	4 weeks	32	83.6	25.3	77.8	42.5	163.7	32	78.0	31.2	68.0	36.1	170.8	5.6	[-8.6, 19.8]	0.433
	8 weeks	32	79.5	24.9	74.6	43.4	149.6	33	71.5	27.1	77.0	23.5	152.7	8.0	[-4.9, 20.9]	0.219
	12 weeks	32	76.5	30.1	81.0	13.3	164.4	33	78.4	29.4	77.7	32.6	144.0	-1.9	[-16.7, 12.8]	0.797
	4 weeks post-intervention	32	74.7	31.4	70.9	28.2	176.3	33	76.1	28.6	78.0	11.8	125.5	-1.4	[-16.4, 13.5]	0.847
Triacyl-glycerol equivalents (g)	Scr	32	72.5	31.4	64.2	35.6	189.8	33	69.1	20.6	62.2	33.5	114.6	3.4	[-9.8, 16.7]	0.604
	4 weeks	32	77.5	23.5	71.6	40.0	150.8	32	72.1	29.0	62.7	33.2	159.5	5.4	[-7.8, 18.6]	0.414
	8 weeks	32	73.5	23.0	69.4	40.5	139.3	33	66.0	25.1	71.5	21.5	142.1	7.5	[-4.4, 19.5]	0.212
	12 weeks	32	70.8	28.0	74.8	12.4	153.1	33	72.5	27.3	72.2	30.3	134.2	-1.7	[-15.4, 12.1]	0.810
	4 weeks post-intervention	32	69.2	29.3	65.7	25.8	164.3	33	70.3	26.5	73.0	11.0	115.9	-1.1	[-15.0, 12.8]	0.874
Fatty acid, saturated (g)	Scr	32	25.4	11.8	22.6	8.4	66.1	33	24.0	7.3	22.7	11.9	41.4	1.5	[-3.4, 6.3]	0.553
	4 weeks	32	26.3	7.8	26.4	13.1	47.0	32	24.2	10.0	20.7	9.4	52.9	2.1	[-2.4, 6.6]	0.347
	8 weeks	32	25.7	9.1	25.0	12.0	55.6	33	22.7	9.4	23.3	5.8	45.8	3.1	[-1.5, 7.6]	0.187
	12 weeks	32	24.3	10.1	25.7	3.4	54.6	33	24.8	9.5	25.0	10.9	43.2	-0.5	[-5.4, 4.3]	0.832
	4 weeks post-intervention	32	23.7	10.2	23.7	8.9	56.0	33	23.9	9.7	22.8	3.6	42.2	-0.2	[-5.2, 4.7]	0.926
Fatty acid, mono-unsaturated (g)	Scr	32	28.2	12.1	24.9	14.1	72.9	33	27.1	7.9	24.7	13.4	45.6	1.1	[-4.0, 6.2]	0.674
	4 weeks	32	30.5	9.2	27.6	17.6	58.3	32	28.3	11.6	24.4	12.8	63.4	2.2	[-3.0, 7.5]	0.395
	8 weeks	32	28.6	8.8	27.5	15.2	52.2	33	25.6	9.8	26.9	8.6	55.6	3.0	[-1.6, 7.6]	0.203
	12 weeks	32	27.8	11.3	29.1	4.4	63.3	33	28.4	10.8	28.8	10.3	52.8	-0.6	[-6.1, 4.9]	0.825
	4 weeks post-intervention	32	27.3	11.7	25.1	9.7	63.0	33	27.5	10.5	29.9	4.6	47.0	-0.2	[-5.7, 5.3]	0.949
Fatty acid, poly-unsaturated (g)	Scr	32	15.6	7.0	14.0	7.0	42.1	33	14.9	5.3	14.0	6.6	27.4	0.7	[-2.3, 3.8]	0.633
	4 weeks	32	17.2	6.4	16.3	7.4	38.8	32	16.3	7.4	15.1	3.5	35.9	0.8	[-2.6, 4.3]	0.636
	8 weeks	32	15.9	5.3	15.0	8.4	28.2	33	14.7	6.0	15.4	3.8	34.2	1.1	[-1.7, 4.0]	0.420
	12 weeks	32	15.5	6.1	15.5	4.0	29.4	33	16.0	6.5	16.0	5.1	32.0	-0.5	[-3.6, 2.7]	0.769
	4 weeks post-intervention	32	15.0	6.5	13.5	5.7	37.8	33	15.7	6.1	16.6	2.4	28.0	-0.6	[-3.8, 2.5]	0.687
Cholesterol (mg)	Scr	32	489.2	223.7	421.0	222.1	1175.4	33	524.5	210.1	483.3	209.8	1062.1	-33.3	[-143.0, 72.3]	0.515
	4 weeks	32	534.8	188.2	542.3	232.8	1188.9	32	556.7	244.5	522.6	164.6	1131.6	-21.9	[-131.0, 87.3]	0.690
	8 weeks	32	529.3	196.2	510.1	214.6	999.6	33	492.7	235.8	475.1	178.1	1110.2	36.6	[-70.8, 144.1]	0.498
	12 weeks	32	511.6	236.5	532.3	26.7	1136.2	33	545.3	221.2	496.2	186.7	1057.2	-33.8	[-147.4, 79.8]	0.554
	4 weeks post-intervention	32	508.1	222.3	475.0	161.1	1194.3	33	559.9	242.9	616.7	64.3	998.2	-51.8	[-167.2, 63.5]	0.373
Carbohydrate, total, calculated by difference (g)	Scr	32	279.2	90.4	255.2	109.8	614.1	33	274.9	70.9	256.7	157.4	422.9	4.3	[-36.1, 44.7]	0.834
	4 weeks	32	282.1	72.3	280.6	157.5	486.7	32	288.1	98.4	275.8	145.0	580.7	-6.0	[-49.2, 37.2]	0.782
	8 weeks	32	301.2	91.3	283.0	164.7	500.7	33	282.3	89.7	273.2	133.4	554.0	18.9	[-26.0, 63.7]	0.404
	12 weeks	32	295.9	81.1	292.5	182.8	502.2	33	286.7	87.2	286.9	131.2	544.7	9.3	[-32.5, 51.0]	0.659
	4 weeks post-intervention	32	281.4	86.8	252.5	121.5	497.0	33	288.0	98.6	251.8	119.9	493.2	-6.6	[-52.6, 39.4]	0.776
Carbohydrate, available; expressed in mono-saccharide equivalents (g)	Scr	32	235.5	70.5	224.6	95.2	458.7	33	233.6	61.3	219.6	120.6	380.9	1.8	[-31.0, 34.6]	0.912
	4 weeks	32	238.9	63.4	234.9	105.4	406.5	32	247.9	85.0	243.5	116.4	511.9	-9.0	[-46.6, 28.5]	0.633
	8 weeks	32	250.4	72.4	241.0	146.1	407.8	33	240.1	70.3	240.1	111.4	444.2	-10.2	[-25.2, 45.6]	0.566
	12 weeks	32	249.8	66.1	251.1	148.8	400.7	33	244.4	73.3	236.6	120.9	469.3	5.5	[-29.1, 40.0]	0.753
	4 weeks post-intervention	32	237.8	65.4	207.6	101.7	382.5	33	242.5	85.9	205.8	95.3	409.4	-4.7	[-42.5, 33.1]	0.805
Dietary fiber, soluble (g)	Scr	32	3.6	1.3	3.4	1.7	8.3	33	3.4	1.1	3.3	1.7	6.3	0.1	[-0.5, 0.8]	0.625
	4 weeks	32	3.7	1.2	3.5	1.0	7.4	32	3.5	1.4	3.5	1.0	7.5	0.2	[-0.5, 0.8]	0.640
	8 weeks	32	3.6	1.2	3.5	1.1	6.8	33	3.2	1.2	3.0	0.9	6.7	0.4	[-0.2, 1.0]	0.208
	12 weeks	32	3.4	1.2	3.4	1.3										

Supplementary Table 5. Nutritional composition in dietary survey

		Acacia group					Placebo group					Group difference	95%CI	P value		
		n	Mean	SD	Med	Min	Max	n	Mean	SD	Med				Min	Max
Calcium (mg)	Scr	32	657.7	353.0	557.2	304.6	1782.6	33	629.9	263.3	576.5	219.6	1494.3	27.9	[-127.2, 182.9]	0.720
	4 weeks	32	691.3	260.3	664.4	219.3	1305.4	32	632.8	277.0	567.6	238.5	1273.2	58.5	[-75.8, 192.8]	0.388
	8 weeks	32	615.3	205.9	586.8	301.1	1025.7	33	601.6	262.5	548.9	197.9	1100.5	13.7	[-103.2, 130.5]	0.816
	12 weeks	32	604.5	261.9	558.9	90.6	1190.1	33	659.8	295.5	574.6	246.9	1284.2	-55.3	[-193.7, 83.0]	0.427
	4 weeks post-intervention	32	595.5	279.5	516.6	186.9	1542.9	33	626.1	248.7	588.7	111.5	1158.8	-30.6	[-162.0, 100.7]	0.643
Magnesium (mg)	Scr	32	320.3	124.3	300.9	192.6	838.4	33	317.5	110.4	290.2	126.1	586.8	2.8	[-55.5, 61.2]	0.923
	4 weeks	32	348.6	107.3	347.7	175.3	699.0	32	330.7	134.5	305.5	119.7	637.3	18.0	[-42.9, 78.8]	0.557
	8 weeks	32	324.6	94.5	317.9	165.7	537.3	33	313.2	120.2	296.5	117.1	602.1	11.4	[-42.1, 65.0]	0.671
	12 weeks	32	318.2	104.4	321.7	81.1	544.1	33	326.6	120.3	325.5	136.7	593.2	-8.4	[-64.2, 47.4]	0.765
	4 weeks post-intervention	32	311.5	124.7	281.1	164.5	734.8	33	328.1	119.4	320.4	85.6	524.3	-16.6	[-77.2, 43.9]	0.585
Phosphorus (mg)	Scr	32	1347.6	523.5	1259.2	842.4	3268.5	33	1279.9	416.1	1211.3	664.2	2377.3	67.7	[-167.5, 302.8]	0.567
	4 weeks	32	1417.2	395.1	1407.2	744.8	2669.6	32	1348.1	515.5	1167.4	528.0	2582.1	69.1	[-160.7, 298.9]	0.550
	8 weeks	32	1324.1	367.2	1251.8	718.4	2123.8	33	1218.0	416.7	1205.4	476.8	2241.9	106.1	[-88.4, 300.6]	0.280
	12 weeks	32	1306.9	440.7	1304.0	316.7	2115.9	33	1337.7	454.9	1248.8	697.2	2360.7	-30.8	[-252.8, 191.2]	0.783
	4 weeks post-intervention	32	1268.6	490.4	1254.9	592.7	2743.6	33	1284.7	438.7	1306.1	330.1	2096.5	-16.2	[-247.1, 214.8]	0.889
Iron (mg)	Scr	32	8.9	3.4	8.1	4.6	22.9	33	8.9	2.6	8.2	4.2	15.0	0.1	[-1.4, 1.6]	0.936
	4 weeks	32	9.6	2.8	8.7	4.4	19.3	32	9.4	3.5	8.3	3.1	17.4	0.2	[-1.4, 1.8]	0.838
	8 weeks	32	9.2	3.0	8.7	4.7	17.3	33	8.5	3.0	8.2	3.1	16.5	0.6	[-0.8, 2.1]	0.386
	12 weeks	32	8.8	3.2	9.3	2.4	15.1	33	9.0	3.1	8.9	2.8	16.7	-0.2	[-1.8, 1.4]	0.808
	4 weeks post-intervention	32	8.5	3.3	8.0	3.8	18.7	33	9.3	3.4	10.0	2.1	15.5	-0.8	[-2.5, 0.9]	0.335
Zinc (mg)	Scr	32	10.8	4.6	9.4	5.7	27.2	33	10.6	3.1	10.4	6.0	18.6	0.2	[-1.8, 2.2]	0.832
	4 weeks	32	11.9	3.6	10.9	7.6	22.7	32	11.1	4.6	9.9	4.6	24.0	0.9	[-1.2, 2.9]	0.398
	8 weeks	32	10.8	3.3	10.0	5.3	18.0	33	10.0	3.3	10.3	3.6	18.8	0.8	[-0.8, 2.4]	0.334
	12 weeks	32	10.8	4.0	10.8	3.3	23.3	33	10.8	4.0	9.9	3.6	21.3	-0.1	[-2.0, 1.9]	0.953
	4 weeks post-intervention	32	10.3	4.2	9.9	4.2	22.5	33	10.5	4.0	10.8	2.4	18.4	-0.2	[-2.2, 1.8]	0.841
Copper (mg)	Scr	32	1.4	0.5	1.3	0.7	3.2	33	1.4	0.5	1.3	0.7	2.5	0.0	[-0.2, 0.2]	0.979
	4 weeks	32	1.5	0.4	1.4	0.8	3.1	32	1.5	0.5	1.3	0.5	2.7	-0.0	[-0.3, 0.2]	0.844
	8 weeks	32	1.4	0.4	1.3	0.7	2.2	33	1.4	0.5	1.3	0.5	2.5	-0.0	[-0.2, 0.2]	0.889
	12 weeks	32	1.4	0.5	1.3	0.5	2.5	33	1.4	0.6	1.4	0.3	2.8	-0.1	[-0.3, 0.2]	0.652
	4 weeks post-intervention	32	1.3	0.5	1.3	0.6	2.8	33	1.4	0.5	1.4	0.3	2.3	-0.1	[-0.3, 0.1]	0.375
Manganese (mg)	Scr	32	5.5	3.2	4.7	1.9	14.8	33	6.0	2.5	5.9	1.6	15.0	-0.6	[-2.0, 0.9]	0.437
	4 weeks	32	5.6	2.5	5.5	1.6	13.0	32	6.7	2.9	6.8	1.9	13.8	-1.1	[-2.4, 0.3]	0.113
	8 weeks	32	5.7	2.6	5.3	1.4	12.1	33	6.3	2.7	5.5	1.6	12.0	-0.5	[-1.9, 0.8]	0.406
	12 weeks	32	5.5	2.3	5.4	1.7	11.5	33	6.5	2.8	6.1	2.4	13.7	-1.0	[-2.3, 0.2]	0.105
	4 weeks post-intervention	32	5.8	2.6	5.5	1.9	12.5	33	7.0	2.7	6.3	1.7	12.8	-1.3	[-2.6, 0.1]	0.060
Iodine (µg)	Scr	32	2922.3	2155.7	2372.9	277.8	9149.6	33	3504.3	2683.0	3051.3	84.4	10134.4	-582.0	[-1,787.4, 623.3]	0.338
	4 weeks	32	3630.4	2336.4	3356.4	700.5	9801.5	32	3097.4	2569.7	2405.2	88.6	9360.0	533.0	[-694.5, 1,760.5]	0.389
	8 weeks	32	2742.0	1847.7	2410.2	68.5	9081.4	33	2735.6	2284.9	2069.9	23.5	8603.5	6.5	[-1,022.7, 1,035.6]	0.990
	12 weeks	32	3047.1	1947.2	2739.8	124.7	6204.3	33	2958.3	1971.7	2901.9	189.2	8590.9	88.8	[-882.6, 1,060.2]	0.856
	4 weeks post-intervention	32	2816.4	1643.1	2543.6	59.9	6343.5	33	2929.1	1953.3	2726.7	109.4	7294.7	-112.7	[-1,006.7, 781.3]	0.802
Selenium (µg)	Scr	32	116.6	33.4	111.4	56.3	197.8	33	112.0	36.9	109.0	49.0	196.5	4.6	[-12.9, 22.0]	0.601
	4 weeks	32	125.0	38.0	123.9	47.7	230.1	32	121.4	52.6	115.4	25.6	288.7	3.6	[-19.4, 26.6]	0.756
	8 weeks	32	119.4	39.3	110.7	59.9	214.9	33	97.9	59.9	98.9	24.0	197.1	21.5	[-2.6, 40.4]	0.027 *
	12 weeks	32	116.1	39.1	119.9	34.8	194.1	33	111.1	38.2	106.4	30.3	184.9	5.0	[-14.2, 24.1]	0.606
	4 weeks post-intervention	32	110.3	41.1	103.7	47.4	240.1	33	119.6	52.4	112.5	29.5	273.7	-9.3	[-32.6, 14.1]	0.430
Chromium (µg)	Scr	32	8.2	3.0	7.3	4.4	16.7	33	8.2	2.6	7.7	4.0	12.8	0.1	[-1.3, 1.5]	0.910
	4 weeks	32	9.4	3.4	8.8	3.3	21.2	32	9.6	4.3	9.6	2.9	18.6	-0.1	[-2.1, 1.8]	0.881
	8 weeks	32	8.5	2.5	8.7	3.6	14.0	33	8.1	3.4	8.0	1.7	18.8	0.4	[-1.1, 1.9]	0.603
	12 weeks	32	9.1	3.5	8.9	1.5	16.9	33	9.0	3.8	9.0	2.8	17.9	0.2	[-1.7, 2.0]	0.861
	4 weeks post-intervention	32	8.6	3.4	8.6	3.2	16.2	33	8.6	4.0	7.6	2.4	19.1	0.1	[-1.8, 1.9]	0.941
Molybdenum (µg)	Scr	32	159.3	59.1	147.0	82.2	357.0	33	167.4	64.3	173.1	57.7	310.5	-8.1	[-38.7, 22.5]	0.599
	4 weeks	32	175.1	60.0	168.1	72.6	382.9	32	179.9	64.5	168.0	65.8	319.7	-4.8	[-35.9, 26.3]	0.759
	8 weeks	32	171.2	60.0	162.9	73.5	302.6	33	185.0	68.4	175.5	57.1	313.1	-13.8	[-45.7, 18.0]	0.389
	12 weeks	32	167.8	48.7	169.6	70.3	301.7	33	172.6	71.9	171.1	53.3	384.1	-4.8	[-35.2, 25.6]	0.754
	4 weeks post-intervention	32	160.7	46.5	155.1	92.2	286.8	33	177.8	76.1	180.7	35.4	316.4	-17.1	[-48.3, 14.2]	0.278
Retinol (µg)	Scr	32	326.1	239.0	291.3	83.4	1116.8	33	355.9	215.4	298.4	90.5	957.3	-29.8	[-142.7, 83.1]	0.599
	4 weeks	32	420.3	285.5	343.1	96.3	1435.4	32	432.8	293.9	322.7	149.1	1186.7	-12.5	[-157.3, 132.2]	0.863
	8 weeks	32	470.0	365.1	337.9	117.4	1665.1	33	375.5	303.2	278.0	71.5	1321.4	94.4	[-72.3, 261.2]	0.262
	12 weeks	32	395.9	228.9	347.1	5.9	921.5	33	420.4	265.5	324.4	122.7	1102.0	-24.5	[-147.3, 98.3]	0.692
	4 weeks post-intervention	32	374.2	309.0	289.1	99.1	1451.7	33	378.7	235.1	334.1	25.5	1090.9	-4.5	[-141.1, 132.2]	0.948
alpha-Carotene (µg)	Scr	32	552.9	245.5	515.4	257.3	1419.2	33	622.5	334.1	563.2	130.5	1741.6	-69.6	[-214.8, 75.7]	0.342
	4 weeks	32	635.1	285.9	584.5	118.0	1568.9	32	582.5	272.4	619.4	119.5	1055.6	52.6	[-86.9, 192.2]	0.454
	8 weeks	32	604.1	248.3	586.8	224.3	1082.8	33	611.8	317.0	622.1	54.7	1448.1	-7.7	[-148.7, 133.3]	0.913
	12 weeks	32	602.2	257.0	586.7	218.7	1252.6	33	614.2	262.3	609.5	87.3	1196.8	-12.0	[-140.7, 116.7]	0.853
	4 weeks post-intervention	32	597.1	274.6	572.8	132.8	1168.5	33	567.6	308.7	558.4	53.5	1248.7	29.6	[-115.2, 174.3]	0.685
beta-Carotene (µg)	Scr	32	2863.0	1228.1	2583.3	1087.8	7678.0	33	3118.6	1316.5	2927.9	681.5	6811.5	-255.6	[-886.5, 375.2]	0.421
	4 weeks	32	3270.1	1412.2	3105.4	1153.3	8100.4	32	2832.9	1298.9	3226.3	694.2	5121.2	437.2	[-240.9, 1,115.3]	0.202
	8 weeks	32	2889.6	1114.7	3056.8	1307.2	4944.5	33	2840.1	1392.0	2822.6	274.6	5710.6	49.6	[-575.0, 674.1]	0.874
	12 weeks	32	2855.7	1253.1	2522.0	1085.8	6496.4	33	2903.3	1294.2	2603.					

Supplementary Table 5. Nutritional composition in dietary survey

		Acacia group					Placebo group					Group difference	95%CI	P value		
		n	Mean	SD	Med	Min	Max	n	Mean	SD	Med				Min	Max
beta-Tocopherol (mg)	Scr	32	0.5	0.2	0.5	0.2	1.0	33	0.5	0.2	0.5	0.2	0.8	0.0	[-0.1, 0.1]	0.640
	4 weeks	32	0.5	0.2	0.5	0.2	1.2	32	0.5	0.2	0.5	0.1	1.0	0.0	[-0.1, 0.1]	0.832
	8 weeks	32	0.5	0.2	0.5	0.2	1.3	33	0.5	0.2	0.5	0.1	1.0	0.1	[-0.0, 0.2]	0.275
	12 weeks	32	0.5	0.2	0.5	0.2	1.1	33	0.5	0.2	0.5	0.1	0.9	-0.0	[-0.1, 0.1]	0.885
	4 weeks post-intervention	32	0.5	0.2	0.5	0.2	1.1	33	0.5	0.2	0.5	0.2	1.0	-0.0	[-0.1, 0.1]	0.771
gamma-Tocopherol (mg)	Scr	32	14.0	7.4	12.3	4.7	43.1	33	13.8	5.7	13.3	4.7	27.1	0.2	[-3.0, 3.5]	0.886
	4 weeks	32	16.0	7.1	15.2	5.8	39.4	32	15.0	7.4	13.6	2.3	33.2	1.0	[-2.6, 4.7]	0.576
	8 weeks	32	14.5	5.5	13.6	7.1	28.4	33	14.0	6.3	14.5	2.0	32.3	0.5	[-2.4, 3.5]	0.718
	12 weeks	32	14.4	6.2	14.4	3.3	29.2	33	14.9	6.7	15.6	4.3	31.3	-0.5	[-3.7, 2.7]	0.768
	4 weeks post-intervention	32	14.0	6.8	13.3	3.6	39.9	33	14.7	6.5	15.6	1.5	27.1	-0.7	[-4.0, 2.6]	0.681
delta-Tocopherol (mg)	Scr	32	2.8	1.6	2.4	0.9	9.1	33	2.9	1.3	2.8	1.0	6.0	-0.1	[-0.8, 0.6]	0.742
	4 weeks	32	3.3	1.7	2.9	1.2	9.4	32	3.2	1.6	2.9	0.4	6.6	0.1	[-0.7, 0.9]	0.827
	8 weeks	32	3.0	1.4	2.6	1.3	6.6	33	3.2	1.5	3.3	0.4	6.4	-0.1	[-0.9, 0.6]	0.692
	12 weeks	32	3.0	1.3	3.1	0.4	6.1	33	3.2	1.6	3.2	0.6	6.9	-0.2	[-0.9, 0.5]	0.571
	4 weeks post-intervention	32	2.9	1.4	2.6	0.8	7.9	33	3.2	1.5	3.1	0.3	6.0	-0.4	[-1.1, 0.4]	0.334
Vitamin K (µg)	Scr	32	185.9	68.7	187.4	68.0	384.4	33	207.6	86.1	198.3	70.7	406.2	-21.7	[-60.3, 16.9]	0.265
	4 weeks	32	218.9	100.3	181.5	84.8	520.6	32	196.8	84.4	193.8	47.2	419.0	22.1	[-24.2, 68.5]	0.343
	8 weeks	32	195.8	81.4	175.9	94.8	353.4	33	195.0	100.4	188.9	43.1	413.0	0.8	[-44.5, 46.0]	0.973
	12 weeks	32	192.9	77.7	196.3	74.2	426.4	33	203.0	93.2	210.6	51.2	432.0	-10.1	[-52.6, 32.4]	0.636
	4 weeks post-intervention	32	196.9	87.6	180.5	79.8	487.1	33	215.9	101.0	225.5	33.3	465.1	-19.0	[-65.8, 27.9]	0.422
Thiamin (mg)	Scr	32	1.4	0.8	1.3	0.6	4.1	33	1.2	0.4	1.1	0.7	2.1	0.2	[-0.1, 0.5]	0.135
	4 weeks	32	1.4	0.5	1.3	0.7	3.0	32	1.2	0.7	1.1	0.4	3.5	0.1	[-0.2, 0.4]	0.362
	8 weeks	32	1.3	0.4	1.2	0.6	2.4	33	1.1	0.4	1.0	0.3	2.4	0.2	[-0.0, 0.4]	0.061
	12 weeks	32	1.2	0.5	1.2	0.3	2.6	33	1.2	0.5	1.1	0.4	2.4	0.0	[-0.3, 0.3]	0.997
	4 weeks post-intervention	32	1.2	0.6	1.0	0.4	3.2	33	1.2	0.5	1.1	0.4	2.3	0.0	[-0.3, 0.3]	0.881
Riboflavin (mg)	Scr	32	1.5	0.7	1.4	0.8	4.0	33	1.6	0.6	1.4	0.6	3.0	-0.0	[-0.3, 0.3]	0.951
	4 weeks	32	1.6	0.5	1.6	0.8	3.1	32	1.6	0.6	1.5	0.8	3.2	0.0	[-0.2, 0.3]	0.773
	8 weeks	32	1.5	0.5	1.5	0.7	2.5	33	1.5	0.6	1.5	0.6	2.6	0.1	[-0.2, 0.3]	0.590
	12 weeks	32	1.5	0.6	1.5	0.2	2.6	33	1.6	0.6	1.5	0.8	2.9	-0.1	[-0.4, 0.2]	0.427
	4 weeks post-intervention	32	1.5	0.6	1.4	0.6	3.4	33	1.6	0.6	1.7	0.4	2.8	-0.1	[-0.4, 0.2]	0.515
Niacin (mg)	Scr	32	23.8	9.3	21.4	12.6	53.0	33	21.5	7.3	21.1	10.5	46.5	2.3	[-1.9, 6.4]	0.281
	4 weeks	32	24.2	6.4	24.0	15.5	41.4	32	22.8	9.6	21.5	8.8	48.9	1.4	[-2.7, 5.5]	0.492
	8 weeks	32	22.5	6.4	21.2	10.5	40.0	33	19.4	6.6	19.0	6.3	35.5	3.1	[-0.2, 6.3]	0.062
	12 weeks	32	22.4	7.7	22.1	5.0	38.3	33	22.5	8.0	22.9	6.8	42.3	-0.0	[-3.9, 3.8]	0.981
	4 weeks post-intervention	32	22.0	8.7	20.5	10.4	42.4	33	21.1	7.3	21.7	8.0	35.9	1.0	[-3.0, 5.0]	0.629
Niacin equivalents (mg)	Scr	32	42.0	15.5	37.4	24.6	93.7	33	38.7	12.2	36.5	20.4	76.9	3.3	[-3.6, 10.2]	0.345
	4 weeks	32	43.4	11.4	42.1	27.1	77.8	32	41.3	16.5	39.6	15.9	83.7	2.2	[-5.0, 9.3]	0.547
	8 weeks	32	40.5	11.4	39.2	19.9	70.0	33	35.9	11.7	36.6	13.3	67.2	4.6	[-1.1, 10.3]	0.115
	12 weeks	32	40.4	13.5	40.2	10.4	68.9	33	40.7	13.8	39.9	14.8	69.5	-0.3	[-7.1, 6.4]	0.927
	4 weeks post-intervention	32	39.3	14.9	36.9	19.6	77.2	33	38.7	13.2	39.0	12.3	63.7	0.7	[-6.3, 7.7]	0.844
Vitamin B-6 (mg)	Scr	32	1.6	0.7	1.4	0.9	4.1	33	1.5	0.5	1.3	0.6	3.2	0.1	[-0.2, 0.4]	0.447
	4 weeks	32	1.6	0.5	1.6	1.0	3.0	32	1.6	0.6	1.5	0.7	3.1	0.1	[-0.2, 0.4]	0.543
	8 weeks	32	1.5	0.4	1.5	0.7	2.5	33	1.4	0.5	1.4	0.6	2.5	0.1	[-0.1, 0.4]	0.214
	12 weeks	32	1.5	0.6	1.5	0.2	2.8	33	1.5	0.6	1.6	0.5	2.7	-0.0	[-0.3, 0.3]	0.859
	4 weeks post-intervention	32	1.5	0.6	1.4	0.6	3.2	33	1.4	0.5	1.5	0.4	2.4	0.1	[-0.2, 0.3]	0.675
Vitamin B-12 (µg)	Scr	32	8.5	3.1	8.1	3.1	16.8	33	8.9	5.4	7.5	2.5	24.6	-0.4	[-2.6, 1.8]	0.703
	4 weeks	32	9.1	3.4	9.1	3.3	15.5	32	9.0	4.1	8.6	1.6	18.6	0.1	[-1.8, 2.0]	0.892
	8 weeks	32	8.0	3.1	7.9	2.9	17.6	33	7.2	3.6	6.5	1.5	17.8	0.9	[-0.8, 2.5]	0.294
	12 weeks	32	7.9	3.0	7.2	3.1	13.9	33	7.8	3.6	7.3	2.4	14.9	0.1	[-1.5, 1.8]	0.864
	4 weeks post-intervention	32	7.7	3.2	7.1	2.5	19.4	33	7.9	3.9	6.9	1.2	18.4	-0.2	[-2.0, 1.5]	0.807
Folate (µg)	Scr	32	385.6	181.1	362.9	174.2	1105.3	33	426.3	155.6	410.6	106.8	900.9	-40.7	[-124.5, 43.2]	0.336
	4 weeks	32	417.0	138.1	388.8	204.3	764.6	32	437.9	138.2	423.4	218.4	809.7	-20.9	[-89.9, 48.1]	0.547
	8 weeks	32	400.9	141.0	406.8	159.7	623.8	33	409.8	160.2	390.9	163.1	802.0	-8.9	[-83.7, 65.8]	0.812
	12 weeks	32	383.5	139.7	372.5	106.6	691.2	33	431.6	158.5	423.5	136.8	859.9	-48.1	[-122.1, 25.9]	0.199
	4 weeks post-intervention	32	384.8	163.3	363.0	131.5	839.5	33	440.4	145.4	480.4	89.9	740.7	-55.6	[-132.4, 21.1]	0.152
Pantothenic acid (mg)	Scr	32	7.5	2.9	6.8	4.1	17.9	33	7.1	2.0	6.7	3.4	12.0	0.4	[-0.8, 1.6]	0.531
	4 weeks	32	7.7	2.2	7.5	3.9	14.7	32	7.5	2.6	7.1	3.1	13.7	0.2	[-1.0, 1.4]	0.693
	8 weeks	32	7.4	2.2	7.0	4.1	12.8	33	6.8	2.4	6.6	2.7	12.0	0.6	[-0.5, 1.7]	0.278
	12 weeks	32	7.3	2.5	7.4	1.7	12.0	33	7.4	2.4	7.0	3.8	12.3	-0.1	[-1.3, 1.1]	0.831
	4 weeks post-intervention	32	7.2	2.8	6.8	2.6	14.9	33	7.2	2.5	7.2	1.9	11.8	-0.1	[-1.4, 1.2]	0.903
Biotin (µg)	Scr	32	41.3	19.9	37.8	21.7	103.2	33	46.0	18.2	44.1	16.5	101.5	-4.7	[-14.1, 4.8]	0.328
	4 weeks	32	46.7	15.3	45.6	19.1	100.2	32	49.8	19.3	48.3	20.0	100.5	-3.1	[-11.8, 5.6]	0.479
	8 weeks	32	45.9	16.5	44.4	19.5	80.3	33	44.3	18.7	44.0	16.1	88.8	1.6	[-7.1, 10.3]	0.715
	12 weeks	32	43.9	16.6	43.9	6.0	72.7	33	48.3	18.5	43.9	17.5	91.8	-4.4	[-13.1, 4.3]	0.320
	4 weeks post-intervention	32	43.2	17.7	40.8	19.5	99.0	33	49.6	19.4	51.8	6.8	78.1	-6.3	[-15.5, 2.9]	0.173
Ascorbic acid (mg)	Scr	32	110.5	63.0	94.6	38.0	363.1	33	108.8	44.3	104.6	25.1	195.1	1.7	[-25.4, 28.8]	0.901
	4 weeks	32	111.5	53.0	99.0	42.1	259.6	32	110.5	46.7	101.4	36.7	200.4	1.1	[-23.9, 26.1]	0.933
	8 weeks	32	108.8	50.1	107.5	29.2	215.8	33	104.0	53.6	95.0	29.7	282.1	4.8	[-20.9, 30.6]	0.708
	12 weeks	32	104.8	53.3	88.4	7.3	240.7	33	108.9	52.1	99.6	28.7	202.7	-4.2	[-30.3, 22.0]	0.752
	4 weeks post-intervention	32	101.0	54.3	89.9	17.1	281.9	33	109.2	46.5	112.4	14.5	202.7	-8.1	[-33.2, 17.0]	0.521
Salt equivalents (g)	Scr	32	11.7	3.6	10.6	6.9	23.4	33	11.4	4.0	12.0	5.5	22.8	0.3	[-1.6, 2.2]	0.742
	4 weeks	32	12.4	3.3	12.3	6.3	22.5	32	11.9	4.9	11.6	2.8	23.4	0.5	[-1.6, 2.6]	0.648
	8 weeks	32	11.7	3.3	11.3	6.7	21.1	33	10.4	3.9	10.2	2.3	20.2			

Supplementary Table 5. Nutritional composition in dietary survey

		Acacia group					Placebo group					Group difference	95%CI	P value		
		n	Mean	SD	Med	Min	Max	n	Mean	SD	Med				Min	Max
Sucrose (g)	Scr	32	27.7	18.8	24.4	4.9	103.5	33	29.2	14.4	26.1	10.8	76.9	-1.5	[-9.8, 6.8]	0.718
	4 weeks	32	26.6	12.9	23.7	8.8	53.7	32	29.4	16.3	27.4	7.2	72.1	-2.8	[-10.1, 4.6]	0.453
	8 weeks	32	29.7	14.9	29.9	7.3	66.1	33	29.6	16.0	26.3	3.3	78.9	0.1	[-7.5, 7.7]	0.981
	12 weeks	32	29.1	16.5	27.4	6.2	79.0	33	32.6	17.6	28.5	7.4	78.0	-3.5	[-12.0, 5.0]	0.412
	4 weeks post-intervention	32	25.5	16.1	21.0	5.1	78.6	33	29.1	15.3	25.8	5.2	75.6	-3.5	[-11.3, 4.3]	0.370
Maltose (g)	Scr	32	1.2	0.6	1.1	0.2	2.6	33	1.3	0.6	1.2	0.1	2.6	-0.1	[-0.3, 0.2]	0.714
	4 weeks	32	1.3	0.8	1.2	0.2	3.3	32	1.3	0.7	1.4	0.1	3.2	-0.0	[-0.4, 0.4]	0.933
	8 weeks	32	1.5	1.0	1.3	0.3	5.0	33	1.2	0.7	1.2	0.2	2.6	0.3	[-0.1, 0.7]	0.136
	12 weeks	32	1.4	0.9	1.3	0.3	4.7	33	1.3	0.7	1.3	0.2	3.2	0.1	[-0.3, 0.5]	0.564
	4 weeks post-intervention	32	1.2	0.7	1.2	0.3	2.8	33	1.4	0.7	1.3	0.2	3.1	-0.1	[-0.5, 0.2]	0.422
Lactose (g)	Scr	32	8.4	8.8	5.7	0.0	35.3	33	7.3	5.3	4.9	0.5	22.7	1.0	[-2.6, 4.7]	0.572
	4 weeks	32	8.2	6.5	6.4	0.4	28.1	32	7.0	4.8	6.0	0.2	18.3	1.2	[-1.6, 4.1]	0.395
	8 weeks	32	7.6	6.0	6.4	1.1	23.1	33	7.4	5.7	5.5	0.7	23.2	0.3	[-2.6, 3.2]	0.850
	12 weeks	32	7.9	7.2	5.6	0.2	29.9	33	7.7	4.8	5.6	2.5	18.9	0.1	[-2.9, 3.2]	0.927
	4 weeks post-intervention	32	8.1	6.9	6.4	0.2	33.1	33	7.7	4.7	7.0	0.7	19.9	0.5	[-2.5, 3.4]	0.757
Trehalose (g)	Scr	32	0.2	0.1	0.2	0.0	0.7	33	0.2	0.1	0.2	0.0	0.5	0.1	[-0.0, 0.1]	0.106
	4 weeks	32	0.2	0.2	0.2	0.0	0.8	32	0.2	0.2	0.2	0.0	0.7	0.0	[-0.1, 0.1]	0.615
	8 weeks	32	0.2	0.2	0.2	0.0	0.9	33	0.2	0.1	0.1	0.0	0.4	0.1	[-0.0, 0.1]	0.150
	12 weeks	32	0.2	0.1	0.2	0.0	0.6	33	0.2	0.1	0.2	0.0	0.3	0.0	[-0.0, 0.1]	0.429
	4 weeks post-intervention	32	0.2	0.2	0.1	0.0	0.9	33	0.2	0.2	0.2	0.0	0.6	-0.0	[-0.1, 0.1]	0.899
Carbohydrate, available, total (g)	Scr	32	217.4	65.6	207.1	87.3	429.7	33	215.7	56.5	203.3	112.2	350.5	1.7	[-28.7, 32.1]	0.911
	4 weeks	32	220.6	58.3	217.8	100.2	376.7	32	228.5	78.5	223.2	106.9	471.1	-7.9	[-42.5, 26.8]	0.651
	8 weeks	32	231.6	67.3	222.5	134.9	375.9	33	221.6	65.7	222.5	101.9	412.7	10.0	[-23.0, 43.0]	0.547
	12 weeks	32	231.0	61.7	231.9	137.4	372.9	33	225.7	68.0	218.6	112.4	434.0	5.3	[-26.8, 37.5]	0.741
	4 weeks post-intervention	32	219.5	61.1	192.0	93.3	353.9	33	223.8	79.2	189.5	87.9	377.6	-4.3	[-39.3, 30.8]	0.808
Sorbitol (g)	Scr	32	0.1	0.1	0.1	0.0	0.6	33	0.1	0.1	0.1	0.0	0.4	0.0	[-0.0, 0.1]	0.336
	4 weeks	32	0.1	0.1	0.1	0.0	0.4	32	0.1	0.1	0.1	0.0	0.4	0.0	[-0.1, 0.1]	0.982
	8 weeks	32	0.1	0.1	0.1	0.0	0.4	33	0.1	0.1	0.1	0.0	0.6	0.0	[-0.1, 0.1]	0.780
	12 weeks	32	0.1	0.1	0.1	0.0	0.4	33	0.1	0.1	0.1	0.0	0.4	0.0	[-0.1, 0.1]	0.752
	4 weeks post-intervention	32	0.1	0.1	0.1	0.0	0.5	33	0.1	0.1	0.1	0.0	0.3	-0.0	[-0.1, 0.0]	0.456
Mannitol (g)	Scr	32	0.3	0.2	0.2	0.0	1.0	33	0.3	0.2	0.2	0.0	0.7	-0.0	[-0.1, 0.1]	0.949
	4 weeks	32	0.3	0.2	0.3	0.0	1.0	32	0.2	0.2	0.2	0.0	0.6	0.1	[-0.0, 0.2]	0.171
	8 weeks	32	0.2	0.1	0.2	0.0	0.4	33	0.2	0.2	0.1	0.0	0.6	-0.0	[-0.1, 0.1]	0.613
	12 weeks	32	0.2	0.2	0.1	0.0	0.9	33	0.2	0.2	0.1	0.0	0.8	0.0	[-0.1, 0.1]	0.875
	4 weeks post-intervention	32	0.2	0.2	0.2	0.0	0.6	33	0.2	0.2	0.2	0.0	0.9	-0.0	[-0.1, 0.1]	0.991
Alcohol (g)	Scr	32	5.9	7.7	2.0	0.4	33.6	33	5.9	7.4	2.4	0.3	34.4	-0.0	[-3.7, 3.7]	0.999
	4 weeks	32	7.8	11.0	2.4	0.7	46.2	32	8.3	13.4	2.4	0.4	68.9	-0.5	[-6.6, 5.6]	0.872
	8 weeks	32	9.2	13.9	4.2	0.9	71.8	33	6.6	7.2	2.8	0.5	27.3	2.6	[-3.0, 8.1]	0.356
	12 weeks	32	9.0	16.0	2.4	0.4	87.3	33	7.8	10.4	3.6	0.5	52.7	1.2	[-5.5, 7.9]	0.723
	4 weeks post-intervention	32	9.1	15.0	2.7	0.7	77.1	33	6.0	6.2	2.9	0.5	21.3	3.1	[-2.7, 8.9]	0.283
Nitrate ion (g)	Scr	32	0.1	0.1	0.1	0.0	0.3	33	0.2	0.1	0.1	0.0	0.4	-0.0	[-0.1, 0.0]	0.247
	4 weeks	32	0.2	0.1	0.1	0.0	0.4	32	0.1	0.1	0.1	0.0	0.3	0.0	[-0.0, 0.1]	0.341
	8 weeks	32	0.1	0.1	0.1	0.0	0.3	33	0.1	0.1	0.1	0.0	0.3	0.0	[-0.0, 0.0]	0.575
	12 weeks	32	0.1	0.1	0.1	0.0	0.2	33	0.1	0.1	0.1	0.0	0.2	-0.0	[-0.0, 0.0]	0.711
	4 weeks post-intervention	32	0.1	0.1	0.1	0.0	0.5	33	0.1	0.1	0.1	0.0	0.3	-0.0	[-0.0, 0.0]	0.707
Theobromine (g)	Scr	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	0.0	[-0.0, 0.0]	0.928
	4 weeks	32	0.0	0.0	0.0	0.0	0.0	32	0.0	0.0	0.0	0.0	0.0	0.0	[-0.0, 0.0]	0.478
	8 weeks	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	-0.0	[-0.0, 0.0]	0.631
	12 weeks	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	-0.0	[-0.0, 0.0]	0.139
	4 weeks post-intervention	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	-0.0	[-0.0, 0.0]	0.932
Caffeine (g)	Scr	32	0.2	0.2	0.2	0.0	0.7	33	0.2	0.2	0.2	0.0	0.8	-0.0	[-0.1, 0.0]	0.300
	4 weeks	32	0.2	0.2	0.2	0.0	0.7	32	0.2	0.2	0.2	0.0	0.7	-0.1	[-0.2, 0.0]	0.126
	8 weeks	32	0.2	0.2	0.2	0.0	0.7	33	0.2	0.2	0.2	0.0	0.7	-0.0	[-0.1, 0.0]	0.321
	12 weeks	32	0.2	0.2	0.2	0.0	0.6	33	0.3	0.2	0.2	0.0	0.7	-0.1	[-0.2, 0.0]	0.075
	4 weeks post-intervention	32	0.2	0.2	0.2	0.0	0.7	33	0.3	0.2	0.2	0.0	0.7	-0.1	[-0.2, -0.0]	0.047 *
Tannin (g)	Scr	32	0.5	0.5	0.5	0.0	1.8	33	0.6	0.4	0.5	0.0	2.0	-0.1	[-0.3, 0.1]	0.300
	4 weeks	32	0.5	0.4	0.5	0.0	2.0	32	0.7	0.5	0.5	0.0	1.8	-0.2	[-0.4, 0.1]	0.125
	8 weeks	32	0.5	0.5	0.5	0.0	1.8	33	0.6	0.5	0.5	0.0	1.8	-0.1	[-0.3, 0.1]	0.321
	12 weeks	32	0.5	0.4	0.5	0.0	1.7	33	0.7	0.5	0.5	0.0	1.8	-0.2	[-0.4, 0.0]	0.077
	4 weeks post-intervention	32	0.6	0.4	0.5	0.0	1.8	33	0.8	0.4	0.6	0.0	1.8	-0.2	[-0.4, -0.0]	0.047 *
Polyphenol (g)	Scr	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	0.0	[-0.0, 0.0]	0.857
	4 weeks	32	0.0	0.0	0.0	0.0	0.1	32	0.0	0.0	0.0	0.0	0.0	0.0	[-0.0, 0.0]	0.581
	8 weeks	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.1	-0.0	[-0.0, 0.0]	0.670
	12 weeks	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	-0.0	[-0.0, 0.0]	0.147
	4 weeks post-intervention	32	0.0	0.0	0.0	0.0	0.1	33	0.0	0.0	0.0	0.0	0.0	-0.0	[-0.0, 0.0]	0.872
Acetic acid (g)	Scr	32	0.4	0.3	0.3	0.1	1.3	33	0.3	0.2	0.3	0.0	0.8	0.1	[-0.1, 0.2]	0.317
	4 weeks	32	0.4	0.2	0.4	0.1	0.9	32	0.3	0.2	0.3	0.0	1.1	0.1	[-0.0, 0.2]	0.174
	8 weeks	32	0.3	0.2	0.3	0.1	0.7	33	0.3	0.2	0.3	0.0	0.6	0.0	[-0.0, 0.1]	0.336
	12 weeks	32	0.3	0.2	0.3	0.0	0.7	33	0.3	0.2	0.3	0.0	0.8	-0.0	[-0.1, 0.0]	0.426
	4 weeks post-intervention	32	0.3	0.2	0.3	0.0	0.8	33	0.3	0.2	0.3	0.0	0.6	0.0	[-0.1, 0.1]	0.427
Cooking oil (g)	Scr	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	NA	NA	NA
	4 weeks	32	0.0	0.0	0.0	0.0	0.0	32	0.0	0.0	0.0	0.0	0.0	NA	NA	NA
	8 weeks	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	NA	NA	NA
	12 weeks	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	NA	NA	NA
	4 weeks post-intervention	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	NA	NA	NA
Organic acids, total (g)	Scr	32	1.1	0.9	0.9	0.3										

Supplementary Table 5. Nutritional composition in dietary survey

		Acacia group					Placebo group					Group difference	95% CI	P value		
		n	Mean	SD	Med	Min	Max	n	Mean	SD	Med				Min	Max
Methionine (mg)	Scr	32	1809.9	570.8	1599.7	1097.8	3384.2	33	1756.6	565.7	1692.0	953.0	3291.7	53.3	[-228.4, 335.1]	0.707
	4 weeks	32	1896.2	526.6	1786.3	1102.1	3543.2	32	1828.6	665.6	1742.1	641.6	3255.8	67.6	[-232.7, 367.8]	0.654
	8 weeks	32	1794.2	523.9	1618.5	875.5	2991.0	33	1644.0	532.4	1697.2	614.5	2951.3	150.1	[-111.7, 412.0]	0.256
	12 weeks	32	1795.4	577.7	1920.6	504.1	2897.7	33	1801.6	582.3	1749.5	860.4	2863.1	-6.1	[-293.7, 281.4]	0.966
	4 weeks post-intervention	32	1746.1	627.8	1697.1	834.7	3380.1	33	1762.1	595.1	1859.7	373.3	2716.6	-16.0	[-319.4, 287.4]	0.916
Cystine (mg)	Scr	32	1195.4	335.8	1111.3	753.4	2249.3	33	1185.7	328.7	1199.5	640.9	1920.1	9.7	[-155.1, 174.4]	0.907
	4 weeks	32	1253.7	308.5	1222.2	706.0	2340.6	32	1244.5	427.4	1158.5	392.6	2312.9	9.2	[-177.4, 195.9]	0.922
	8 weeks	32	1225.8	356.4	1164.0	645.7	2226.4	33	1128.1	342.5	1181.2	456.5	2116.9	97.7	[-75.7, 271.1]	0.264
	12 weeks	32	1209.9	362.1	1268.4	567.9	1932.2	33	1218.9	371.5	1190.5	495.1	2034.4	-9.0	[-190.8, 172.8]	0.922
	4 weeks post-intervention	32	1164.9	390.7	1124.9	572.4	2189.8	33	1228.9	395.3	1223.5	301.8	1979.9	-64.0	[-258.8, 130.9]	0.514
Amino acids, total sulphur-containing (mg)	Scr	32	2996.4	892.3	2736.6	1837.7	5621.9	33	2933.3	886.5	2875.2	1584.1	5191.8	63.1	[-377.9, 504.1]	0.776
	4 weeks	32	3139.1	820.9	2979.9	1868.0	5854.1	32	3062.6	1083.4	2874.2	1032.3	5548.4	76.6	[-404.5, 557.6]	0.751
	8 weeks	32	3007.6	866.3	2834.3	1512.9	5054.7	33	2762.3	868.7	2877.6	1161.2	5048.2	245.2	[-184.9, 675.3]	0.259
	12 weeks	32	2992.7	925.6	3192.4	1062.2	4798.4	33	3011.1	947.8	2911.7	1354.0	4855.0	-18.3	[-482.7, 446.0]	0.937
	4 weeks post-intervention	32	2899.9	1009.6	2821.4	1452.1	5546.9	33	2982.3	983.4	3068.7	673.4	4679.0	-82.4	[-576.6, 411.9]	0.740
Phenylalanine (mg)	Scr	32	3610.4	1099.9	3321.9	2320.7	7259.5	33	3503.7	1027.0	3463.8	1973.1	5926.5	106.7	[-421.2, 634.6]	0.688
	4 weeks	32	3792.6	992.3	3715.5	2100.8	7118.9	32	3705.5	1308.4	3363.0	1218.9	6767.9	87.1	[-494.1, 668.2]	0.765
	8 weeks	32	3622.4	1056.3	3421.9	1892.1	6374.5	33	3357.4	1048.4	3436.4	1441.8	6120.1	265.0	[-256.8, 786.8]	0.314
	12 weeks	32	3589.4	1106.5	3749.2	1271.1	5775.6	33	3633.2	1159.9	3513.2	1795.2	6082.1	-43.8	[-605.5, 518.0]	0.877
	4 weeks post-intervention	32	3460.3	1230.8	3380.2	1721.5	6489.4	33	3598.6	1201.2	3391.3	854.8	5822.7	-138.3	[-741.4, 464.7]	0.648
Tyrosine (mg)	Scr	32	2830.3	923.0	2596.6	1835.5	5773.9	33	2745.9	837.8	2650.7	1542.8	4897.4	84.4	[-353.0, 521.9]	0.701
	4 weeks	32	2970.6	806.3	2898.4	1702.1	5606.8	32	2877.4	1009.0	2642.1	1014.2	5039.2	93.3	[-363.6, 550.1]	0.684
	8 weeks	32	2818.3	823.2	2616.9	1466.4	4664.0	33	2625.1	837.7	2684.0	1065.5	4675.8	193.2	[-218.5, 604.9]	0.352
	12 weeks	32	2798.7	890.4	2926.8	858.4	4484.5	33	2846.5	923.4	2718.9	1368.6	4718.8	-47.7	[-497.3, 401.8]	0.833
	4 weeks post-intervention	32	2711.1	978.0	2626.5	1298.8	5099.8	33	2802.5	941.8	2726.9	595.1	4383.6	-91.4	[-567.6, 384.7]	0.702
Amino Acids, total aromatic (mg)	Scr	32	6460.6	2032.4	5907.9	4163.7	13086.0	33	6269.0	1866.1	6134.5	3534.1	10836.3	191.6	[-776.6, 1159.8]	0.694
	4 weeks	32	6780.1	1797.5	6640.7	3813.0	12769.1	32	6606.5	2320.9	6013.8	2243.1	11826.8	173.6	[-865.0, 1212.2]	0.739
	8 weeks	32	6461.7	1881.5	6067.6	3363.5	11075.8	33	6004.5	1893.0	6099.4	2550.8	10850.5	457.2	[-478.4, 1392.9]	0.333
	12 weeks	32	6411.1	2004.7	6665.6	2140.5	10290.5	33	6503.4	2089.2	6259.5	3193.1	10861.1	-92.3	[-1,107.0, 922.4]	0.856
	4 weeks post-intervention	32	6191.2	2211.9	6014.6	3035.7	11617.4	33	6427.0	2149.3	6119.7	1456.6	10228.5	-235.9	[-1,317.4, 845.7]	0.664
Threonine (mg)	Scr	32	3091.9	1011.4	2784.1	1933.9	6270.3	33	3004.7	947.5	2844.2	1571.3	5481.4	87.2	[-399.0, 573.4]	0.721
	4 weeks	32	3262.6	899.2	3239.4	1907.2	6257.3	32	3150.0	1152.0	2872.1	1081.7	5566.5	112.6	[-404.4, 629.6]	0.665
	8 weeks	32	3088.1	913.7	2945.1	1523.0	5063.5	33	2848.8	921.1	2899.3	1108.1	5131.4	239.4	[-215.5, 694.2]	0.297
	12 weeks	32	3082.3	998.8	3230.1	837.5	4941.5	33	3097.3	1015.6	2974.5	1534.2	4991.7	-15.0	[-514.3, 484.4]	0.952
	4 weeks post-intervention	32	2982.4	1090.0	2894.1	1398.2	5673.5	33	3036.4	1027.5	2985.5	642.0	4811.5	-54.0	[-579.5, 471.4]	0.838
Tryptophan (mg)	Scr	32	951.7	302.5	869.1	611.1	1932.7	33	921.4	274.7	895.1	506.4	1574.4	30.4	[-113.0, 173.8]	0.674
	4 weeks	32	1001.3	265.7	979.1	580.3	1894.7	32	973.0	343.0	884.1	330.1	1729.3	28.3	[-125.2, 181.8]	0.713
	8 weeks	32	952.6	276.3	890.9	488.0	1590.8	33	883.8	280.4	901.4	348.0	1603.8	68.9	[-69.1, 206.8]	0.322
	12 weeks	32	948.8	298.5	991.6	314.4	1526.6	33	957.1	309.4	917.5	464.5	1590.0	-8.3	[-159.0, 142.4]	0.913
	4 weeks post-intervention	32	915.8	324.4	884.9	453.8	1699.6	33	943.0	315.0	926.3	204.3	1472.9	-27.2	[-185.8, 131.4]	0.733
Valine (mg)	Scr	32	3991.3	1282.6	3685.8	2547.6	8076.1	33	3875.6	1184.0	3767.6	2131.8	6789.7	117.7	[-496.8, 728.1]	0.707
	4 weeks	32	4199.3	1120.4	4068.4	2423.1	7850.0	32	4066.3	1435.7	3685.4	1425.8	7263.7	133.0	[-511.3, 777.3]	0.681
	8 weeks	32	3979.8	1145.9	3748.8	2038.8	6497.8	33	3687.7	1180.6	3765.4	1517.2	6603.1	292.1	[-284.5, 868.7]	0.315
	12 weeks	32	3955.1	1243.0	4126.4	1235.0	6310.8	33	4017.7	1309.9	3842.1	1999.4	6620.3	-62.5	[-695.4, 570.3]	0.844
	4 weeks post-intervention	32	3831.6	1368.3	3775.8	1904.4	7222.3	33	3941.4	1323.2	3809.9	864.4	6178.3	-109.8	[-777.3, 557.7]	0.743
Histidine (mg)	Scr	32	2491.6	832.8	2211.4	1489.7	4725.3	33	2307.7	745.3	2152.3	1224.2	4257.3	183.8	[-208.4, 576.1]	0.352
	4 weeks	32	2580.5	733.9	2456.4	1515.0	4603.1	32	2454.2	950.7	2236.8	775.5	4507.0	126.3	[-298.6, 551.3]	0.554
	8 weeks	32	2430.3	742.1	2258.9	1158.6	4095.3	33	2201.1	714.4	2227.6	824.4	4068.5	229.2	[-132.1, 590.4]	0.210
	12 weeks	32	2427.0	791.9	2506.9	693.4	3911.8	33	2424.0	819.5	2371.5	1169.8	4280.8	3.0	[-396.4, 402.4]	0.988
	4 weeks post-intervention	32	2357.7	852.8	2358.9	1145.0	4221.5	33	2324.6	789.9	2385.1	562.2	3617.7	33.2	[-374.7, 441.0]	0.871
Arginine (mg)	Scr	32	4700.3	1486.8	4165.0	2780.9	9540.7	33	4569.2	1478.1	4392.3	2589.5	8519.8	131.1	[-603.9, 866.1]	0.723
	4 weeks	32	4984.7	1408.5	4906.2	2562.5	9402.1	32	4902.1	1857.2	4561.5	1576.3	8436.2	1003.7	[-742.2, 907.5]	0.842
	8 weeks	32	4713.8	1386.0	4679.4	2183.0	7942.2	33	4432.3	1458.9	4688.9	1545.3	8334.3	281.5	[-423.6, 986.7]	0.428
	12 weeks	32	4743.2	1555.2	4851.8	1266.1	7684.4	33	4718.0	1616.6	4583.5	1824.5	8221.1	25.2	[-756.0, 806.5]	0.949
	4 weeks post-intervention	32	4563.8	1630.0	4393.7	2258.8	8618.4	33	4660.7	1636.5	4711.9	966.9	7984.6	-96.8	[-906.6, 712.9]	0.812
Alanine (mg)	Scr	32	3823.9	1187.7	3442.6	2272.0	7467.9	33	3737.1	1197.2	3563.1	2018.5	7109.8	86.8	[-504.4, 678.0]	0.770
	4 weeks	32	4039.9	1118.4	3932.4	2170.4	7832.6	32	3919.6	1459.7	3670.9	1316.2	6926.5	120.3	[-530.4, 771.0]	0.713
	8 weeks	32	3827.1	1130.0	3697.4	1809.5	6383.2	33	3538.5	1134.4	3626.7	1392.5	6416.9	288.6	[-272.7, 849.9]	0.308
	12 weeks	32	3835.4	1207.7	4055.4	1096.0	6151.7	33	3833.9	1261.5	3718.3	1736.7	6239.3	1.5	[-610.5, 613.5]	0.996
	4 weeks post-intervention	32	3710.6	1319.5	3568.9	1777.4	7139.0	33	3757.0	1288.9	3715.4	820.9	6155.7	-46.4	[-693.2, 600.4]	0.886
Aspartic acid (mg)	Scr	32	6860.5	2328.8	6174.7	4186.8	14573.9	33	6962.2	2236.1	6208.9	3392.3	12612.3	164.4	[-967.9, 1296.7]	0.773
	4 weeks	32	7287.7	2121.1	7390.8	3849.0	14882.7	32	7098.4	2662.3	6464.8	2462.6	12068.0	189.3	[-1,014.8, 1,393.4]	0.754
	8 weeks	32	6859.8	2046.9	6812.4	3249.3	11129.5	33	6468.5	2153.4	6742.7	2415.6	1			

Supplementary Table 5. Nutritional composition in dietary survey

		Acacia group					Placebo group					Group difference	95%CI	P value		
		n	Mean	SD	Med	Min	Max	n	Mean	SD	Med				Min	Max
Ammonia (mg)	Scr	32	1448.6	415.2	1334.4	774.5	2893.4	33	1387.4	395.8	1385.5	801.6	2296.2	61.2	[-140.0, 262.4]	0.546
	4 weeks	32	1495.3	404.0	1419.1	767.8	2742.1	32	1443.4	518.9	1391.0	443.7	2876.9	51.9	[-180.7, 284.6]	0.657
	8 weeks	32	1474.7	493.7	1354.0	718.4	3063.3	33	1308.9	404.4	1299.7	510.5	2320.0	165.8	[-58.4, 390.1]	0.144
	12 weeks	32	1410.1	418.9	1361.3	559.2	2322.9	33	1397.9	434.7	1321.3	627.5	2205.1	12.2	[-199.4, 223.8]	0.909
	4 weeks post-intervention	32	1375.0	503.4	1260.1	666.3	2613.2	33	1423.3	519.9	1409.9	459.6	2780.2	-48.3	[-302.0, 205.3]	0.705
Ammonia derived from non-proteinous compounds (mg)	Scr	32	17.0	7.8	15.4	5.0	41.6	33	18.7	9.9	16.9	5.0	47.7	-1.6	[-6.1, 2.8]	0.458
	4 weeks	32	18.8	8.0	17.1	5.8	44.0	32	16.1	9.6	14.1	2.5	40.2	2.6	[-1.8, 7.1]	0.235
	8 weeks	32	15.9	7.9	14.5	6.6	32.7	33	13.7	7.4	11.6	1.9	30.0	2.2	[-1.6, 6.0]	0.248
	12 weeks	32	15.2	8.4	15.5	2.7	35.9	33	15.5	8.3	14.5	1.5	31.9	-0.2	[-4.4, 3.9]	0.914
	4 weeks post-intervention	32	16.6	11.1	15.4	4.5	61.8	33	16.0	7.0	16.5	4.8	31.9	0.6	[-4.0, 5.2]	0.791
Fatty acids, total (g)	Scr	32	69.2	29.9	61.3	34.1	181.1	33	65.9	19.7	59.4	31.9	109.5	3.3	[-9.4, 15.9]	0.605
	4 weeks	32	74.0	22.5	68.3	38.1	144.1	32	68.8	27.7	59.9	31.7	152.3	5.2	[-7.4, 17.8]	0.413
	8 weeks	32	70.2	22.0	66.2	38.7	132.9	33	63.0	24.0	68.3	20.5	135.7	7.2	[-4.2, 18.6]	0.213
	12 weeks	32	67.6	26.8	71.4	11.9	146.1	33	69.2	26.0	69.0	28.8	128.0	-1.6	[-14.7, 11.5]	0.810
	4 weeks post-intervention	32	66.1	28.0	62.6	24.7	156.8	33	67.1	25.3	69.7	10.5	110.7	-1.0	[-14.3, 12.2]	0.876
n-3 polyunsaturated fatty acid (g)	Scr	32	2.3	0.9	2.1	1.0	5.0	33	2.3	1.0	2.2	0.8	5.6	-0.0	[-0.5, 0.4]	0.901
	4 weeks	32	2.5	1.0	2.4	0.9	5.9	32	2.5	1.1	2.3	0.5	4.9	0.1	[-0.5, 0.6]	0.820
	8 weeks	32	2.4	0.8	2.3	1.1	4.1	33	2.2	0.9	2.2	0.5	4.5	0.2	[-0.2, 0.6]	0.330
	12 weeks	32	2.3	0.8	2.4	0.5	3.8	33	2.4	1.0	2.4	0.7	4.7	-0.0	[-0.5, 0.4]	0.854
	4 weeks post-intervention	32	2.3	1.0	2.1	0.9	5.0	33	2.3	0.9	2.3	0.3	4.2	-0.0	[-0.5, 0.5]	0.968
n-6 polyunsaturated fatty acid (g)	Scr	32	13.3	6.3	11.7	5.9	37.4	33	12.5	4.3	11.8	5.7	21.8	0.8	[-1.9, 3.5]	0.568
	4 weeks	32	14.6	5.6	13.7	6.1	32.9	32	13.9	6.3	12.5	3.1	31.5	0.8	[-2.2, 3.7]	0.611
	8 weeks	32	13.5	4.7	12.8	7.0	24.4	33	12.5	5.1	13.5	3.3	29.6	0.9	[-1.5, 3.4]	0.447
	12 weeks	32	13.2	5.4	13.0	3.4	26.3	33	13.6	5.5	13.4	4.3	27.3	-0.4	[-3.1, 2.3]	0.759
	4 weeks post-intervention	32	12.7	5.7	11.5	4.8	32.8	33	13.4	5.2	13.9	2.1	23.7	-0.6	[-3.3, 2.1]	0.647
Butyric acid (4:0) (mg)	Scr	32	576.7	351.3	519.2	0.0	1518.4	33	519.3	248.9	475.8	111.8	1168.0	57.4	[-94.3, 209.1]	0.452
	4 weeks	32	544.0	241.7	514.5	157.9	939.4	32	498.3	260.0	398.6	126.6	1012.9	45.7	[-79.7, 171.2]	0.469
	8 weeks	32	546.9	280.2	499.4	95.7	1408.6	33	494.0	282.8	484.0	74.2	1119.9	52.9	[-86.7, 192.5]	0.452
	12 weeks	32	495.7	247.0	504.5	17.5	1023.4	33	533.3	265.8	504.7	178.7	1122.6	-37.6	[-164.7, 89.6]	0.557
	4 weeks post-intervention	32	488.0	257.5	504.1	50.9	1371.2	33	512.5	284.5	477.2	42.8	1202.2	-24.4	[-158.9, 110.0]	0.718
Caproic acid (6:0) (mg)	Scr	32	367.9	224.0	333.7	0.0	970.1	33	331.4	157.9	303.5	72.8	737.6	36.5	[-60.1, 133.0]	0.453
	4 weeks	32	347.1	153.3	334.3	101.5	598.8	32	318.4	166.1	256.0	81.7	651.6	28.7	[-51.2, 108.6]	0.475
	8 weeks	32	350.1	178.6	320.4	62.1	895.4	33	315.8	180.1	312.9	47.7	710.3	34.3	[-54.6, 123.3]	0.443
	12 weeks	32	317.0	157.8	322.4	11.7	652.3	33	340.1	168.0	323.1	113.5	720.4	-23.1	[-103.8, 57.7]	0.570
	4 weeks post-intervention	32	312.6	164.5	323.3	32.2	879.0	33	328.4	181.3	305.2	27.5	769.9	-15.8	[-101.5, 70.0]	0.715
Enanthic acid (7:0) (mg)	Scr	32	2.8	1.9	2.9	0.0	8.2	33	2.7	1.4	2.3	0.9	6.0	0.2	[-0.7, 1.0]	0.717
	4 weeks	32	2.6	1.3	2.3	0.3	5.0	32	2.7	1.5	2.5	0.7	5.8	-0.1	[-0.8, 0.6]	0.753
	8 weeks	32	2.5	1.3	2.4	0.8	5.1	33	2.6	1.6	2.8	0.2	6.0	-0.2	[-0.9, 0.5]	0.642
	12 weeks	32	2.3	1.3	2.3	0.0	5.5	33	2.9	1.4	2.6	1.1	6.3	-0.6	[-1.3, 0.1]	0.075
	4 weeks post-intervention	32	2.4	1.4	2.3	0.1	7.6	33	2.9	1.5	2.7	0.3	6.9	-0.5	[-1.2, 0.2]	0.173
Caprylic acid (8:0) (mg)	Scr	32	242.1	151.0	222.5	0.4	671.6	33	223.1	102.9	215.0	57.9	464.3	19.0	[-45.4, 83.4]	0.557
	4 weeks	32	228.6	102.8	223.8	65.2	384.9	32	214.2	114.7	172.5	56.7	469.0	14.4	[-40.1, 68.8]	0.600
	8 weeks	32	235.0	115.5	212.9	43.2	584.2	33	213.6	121.7	217.9	32.8	482.2	21.3	[-37.5, 80.1]	0.471
	12 weeks	32	212.1	104.2	212.7	24.8	432.5	33	232.2	118.3	213.0	74.1	524.5	-20.0	[-75.3, 35.2]	0.471
	4 weeks post-intervention	32	208.5	107.5	220.9	19.7	584.9	33	223.4	125.6	206.2	17.9	556.3	-15.0	[-72.9, 43.0]	0.608
Capric acid (10:0) (mg)	Scr	32	503.0	307.8	448.2	5.5	1352.1	33	452.9	208.7	428.2	108.0	978.2	50.0	[-81.1, 181.2]	0.448
	4 weeks	32	475.8	206.3	472.6	140.2	802.4	32	433.8	228.0	356.3	115.0	903.3	40.0	[-68.7, 148.6]	0.465
	8 weeks	32	483.7	240.5	436.2	90.3	1218.9	33	435.3	246.2	438.1	69.2	965.9	50.3	[-70.3, 171.0]	0.408
	12 weeks	32	438.7	216.8	444.8	27.5	891.2	33	466.3	228.3	432.3	156.3	996.7	-27.6	[-137.9, 82.7]	0.619
	4 weeks post-intervention	32	433.5	224.6	447.2	47.0	1210.7	33	451.5	246.8	426.5	38.9	1059.5	-18.1	[-135.0, 98.9]	0.759
Lauric acid (12:0) (mg)	Scr	32	826.3	536.7	787.9	14.3	2497.1	33	795.6	335.3	748.3	234.2	1655.6	30.8	[-192.8, 254.3]	0.784
	4 weeks	32	792.2	352.9	794.2	211.9	1326.4	32	761.5	410.0	658.8	222.2	1795.7	30.7	[-160.5, 221.9]	0.749
	8 weeks	32	837.5	393.8	800.7	180.3	2003.4	33	762.6	415.7	722.9	136.9	1852.6	74.9	[-125.8, 275.6]	0.458
	12 weeks	32	758.6	372.8	744.7	168.6	1512.2	33	834.8	437.3	728.8	262.2	1966.5	-76.1	[-277.4, 125.1]	0.452
	4 weeks post-intervention	32	745.8	377.6	719.6	71.7	2007.6	33	807.9	451.4	701.9	67.2	2055.4	-62.1	[-268.2, 144.1]	0.549
Tridecanoic acid (13:0) (mg)	Scr	32	7.7	5.2	7.6	0.0	22.3	33	7.2	3.8	6.4	2.4	18.4	0.5	[-1.8, 2.7]	0.681
	4 weeks	32	7.2	3.7	6.8	1.0	14.6	32	7.3	3.9	7.0	1.8	14.9	-0.1	[-2.0, 1.8]	0.904
	8 weeks	32	6.7	3.3	6.3	2.2	13.7	33	7.1	4.1	7.4	0.7	16.6	-0.4	[-2.3, 1.4]	0.652
	12 weeks	32	6.1	3.5	6.6	0.0	14.6	33	7.9	3.9	6.9	3.1	16.6	-1.8	[-3.6, 0.1]	0.059
	4 weeks post-intervention	32	6.4	3.7	6.2	0.3	20.0	33	7.7	4.1	7.2	0.7	17.7	-1.3	[-3.2, 0.6]	0.185
Myristic acid (14:0) (mg)	Scr	32	2316.1	1247.5	2067.1	450.9	5969.8	33	2138.2	846.5	1974.7	946.6	4253.3	177.9	[-353.8, 709.6]	0.505
	4 weeks	32	2285.1	821.8	2275.7	899.5	3773.0	32	2067.1	993.4	1778.9	603.8	4243.6	217.9	[-238.0, 673.8]	0.343
	8 weeks	32	2291.3	994.1	2111.7	895.9	5512.9	33	2009.9	1006.6	1851.8	428.2	3969.5	281.4	[-214.6, 777.3]	0.261
	12 weeks	32	2108.6	952.0	2136.7	166.6	4512.0	33	2179.6	967.9	1965.0	817.2	4305.2	-71.0	[-546.9, 404.9]	0.767
	4 weeks post-intervention	32	2072.8	963.2	2091.7	415.8	5292.6	33	2087.1	1022.8	1828.6	225.1	4489.8	-14.3	[-506.6, 478.0]	0.954
Pentadecanoic acid (15:0) (mg)	Scr	32	235.5	125.0	210.0	57.1	578.3	33	218.4	89.4	197.6	85.7	454.8	17.0	[-37.1, 71.2]	0.531
	4 weeks	32	235.7	88.6	225.5	99.6	404.9	32	211.9	98.8	187.4	64.1	424.5	23.8	[-23.1, 70.7]	0.315
	8 weeks	32	231.0	103.7	216.5	69.6	561.3	33	205.7	101.1	196.2	49.9	404.8	25.3	[-25.5, 76.1]	0.323
	12 weeks	32	216.1	100.4	219.2	12.1	482.0	33	222.3	96.6	2					

Supplementary Table 5. Nutritional composition in dietary survey

		Acacia group					Placebo group					Group difference	95%CI	P value		
		n	Mean	SD	Med	Min	Max	n	Mean	SD	Med				Min	Max
Stearic acid (18:0) (mg)	Scr	32	5511.3	2569.5	4846.9	1980.5	14786.3	33	5173.1	1487.7	4795.2	2624.9	8390.7	338.2	[-712.3, 1388.7]	0.521
	4 weeks	32	5790.2	1759.5	5497.9	2833.1	10628.5	32	5308.1	2219.2	4687.1	2297.4	12322.8	482.1	[-519.7, 1483.9]	0.340
	8 weeks	32	5563.6	1913.1	5299.5	2816.2	11507.4	33	4902.3	2005.2	5167.6	1288.5	10395.8	661.2	[-310.0, 1632.5]	0.179
	12 weeks	32	5289.3	2278.6	5421.9	495.3	12351.2	33	5368.1	2072.0	5351.8	2291.7	9678.8	-78.8	[-1,159.6, 1,002.0]	0.885
	4 weeks post-intervention	32	5190.5	2333.0	4991.7	1873.3	12085.3	33	5183.4	2114.0	4806.0	803.5	8788.7	71.1	[-1,097.8, 1,112.0]	0.990
Arachidic acid (20:0) (mg)	Scr	32	189.7	82.5	168.0	90.1	492.6	33	176.2	61.3	164.0	74.3	321.2	13.5	[-22.7, 49.7]	0.458
	4 weeks	32	204.7	73.1	200.4	83.0	420.3	32	188.5	87.6	166.6	57.8	469.1	16.1	[-24.2, 56.5]	0.427
	8 weeks	32	187.4	56.4	184.0	104.0	321.5	33	169.3	68.7	177.6	56.6	397.4	18.1	[-13.1, 49.2]	0.251
	12 weeks	32	182.5	71.8	178.4	44.2	356.0	33	185.0	75.9	184.4	65.0	389.2	-2.5	[-39.1, 34.1]	0.891
	4 weeks post-intervention	32	178.9	78.4	175.1	58.4	454.5	33	177.6	67.8	179.4	21.9	313.3	1.3	[-35.1, 37.7]	0.944
Behenic acid (22:0) (mg)	Scr	32	88.7	37.6	81.0	42.1	221.0	33	88.7	34.3	87.3	33.3	172.1	-0.0	[-17.9, 17.8]	0.996
	4 weeks	32	98.5	39.2	93.8	34.9	229.3	32	96.2	42.7	84.3	22.8	197.0	2.2	[-18.2, 22.7]	0.828
	8 weeks	32	91.0	28.3	85.1	43.4	152.7	33	86.7	37.4	88.5	19.9	192.4	4.3	[-12.1, 20.8]	0.600
	12 weeks	32	91.4	33.3	93.6	26.4	164.8	33	92.2	38.5	89.6	31.7	183.5	-0.8	[-18.6, 17.0]	0.928
	4 weeks post-intervention	32	88.6	36.0	83.2	28.0	216.6	33	90.6	35.6	95.2	8.5	160.9	-2.0	[-19.7, 15.8]	0.825
Lignoceric acid (24:1) (mg)	Scr	32	44.4	18.0	39.0	17.3	105.1	33	43.9	16.4	41.7	17.4	81.5	0.5	[-8.1, 9.0]	0.910
	4 weeks	32	48.3	17.4	44.5	19.0	106.9	32	47.5	20.1	41.1	16.1	99.4	0.8	[-8.6, 10.2]	0.868
	8 weeks	32	45.3	13.2	44.6	21.2	80.3	33	42.5	17.2	44.5	12.6	90.6	2.8	[-4.7, 10.4]	0.456
	12 weeks	32	45.5	16.1	45.4	13.7	80.0	33	45.5	18.3	43.2	17.5	86.7	-0.0	[-8.5, 8.5]	0.999
	4 weeks post-intervention	32	43.9	16.7	42.5	14.8	101.2	33	44.1	17.0	41.4	4.5	75.8	-0.1	[-8.5, 8.2]	0.973
Decenoic acid (10:1) (mg)	Scr	32	46.9	29.0	41.4	0.0	123.0	33	41.7	20.3	37.8	9.2	98.3	5.2	[-7.3, 17.7]	0.406
	4 weeks	32	44.4	20.0	42.7	12.5	76.6	32	40.2	20.9	32.9	10.4	80.8	4.2	[-6.0, 14.4]	0.414
	8 weeks	32	44.3	22.7	40.1	8.0	112.3	33	40.0	23.2	39.3	5.9	93.0	4.3	[-7.0, 15.7]	0.448
	12 weeks	32	40.2	20.4	40.9	1.2	80.8	33	43.2	21.5	40.8	13.8	89.6	-3.0	[-13.4, 7.4]	0.568
	4 weeks post-intervention	32	39.8	21.2	40.2	3.9	112.2	33	41.5	23.1	38.5	3.4	95.9	-1.7	[-12.7, 9.3]	0.761
Myristoleic acid (14:1) (mg)	Scr	32	210.6	115.8	186.8	22.3	527.0	33	206.3	82.3	194.3	74.8	415.5	4.3	[-45.8, 54.3]	0.865
	4 weeks	32	222.4	84.7	200.3	74.6	390.3	32	195.8	92.4	169.0	71.1	394.4	26.7	[-17.6, 70.9]	0.234
	8 weeks	32	215.1	102.4	199.6	41.0	551.2	33	194.5	94.1	184.1	24.4	373.7	20.7	[-28.2, 69.5]	0.401
	12 weeks	32	206.9	109.7	203.5	4.9	571.7	33	208.3	89.5	200.0	76.2	420.2	-1.4	[-51.1, 48.4]	0.956
	4 weeks post-intervention	32	199.4	95.2	183.1	70.8	486.8	33	197.8	98.6	186.5	31.9	413.9	1.6	[-46.4, 49.6]	0.947
Pentadecenoic acid (15:1) (mg)	Scr	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	NA	NA	NA
	4 weeks	32	0.0	0.0	0.0	0.0	0.0	32	0.0	0.0	0.0	0.0	0.0	NA	NA	NA
	8 weeks	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	NA	NA	NA
	12 weeks	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	NA	NA	NA
	4 weeks post-intervention	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	NA	NA	NA
Palmitoleic acid (16:1) (mg)	Scr	32	1208.8	497.5	1059.3	612.4	2844.7	33	1185.2	364.2	1149.8	681.9	2167.0	23.7	[-193.5, 240.8]	0.828
	4 weeks	32	1322.4	377.4	1255.8	846.0	2335.8	32	1184.8	524.6	1072.7	414.8	2565.3	137.6	[-91.2, 366.4]	0.233
	8 weeks	32	1277.5	461.4	1136.2	612.1	2558.8	33	1081.5	425.0	1221.1	247.8	2050.5	196.0	[-24.1, 416.1]	0.080
	12 weeks	32	1233.9	538.6	1219.1	61.4	3178.3	33	1230.3	463.9	1237.3	354.9	2307.5	3.6	[-246.1, 253.2]	0.977
	4 weeks post-intervention	32	1188.5	526.4	1125.8	409.5	2489.3	33	1135.6	499.8	1172.5	272.7	2134.9	52.9	[-201.7, 307.5]	0.679
Heptadecenoic acid (17:1) (mg)	Scr	32	149.0	67.3	132.6	51.7	365.6	33	150.0	48.0	138.5	87.6	261.3	-1.0	[-30.1, 28.2]	0.948
	4 weeks	32	168.2	54.4	145.8	97.9	308.7	32	146.2	65.8	130.9	63.8	317.6	22.0	[-8.2, 52.1]	0.150
	8 weeks	32	157.7	62.7	138.5	78.4	354.7	33	139.1	55.6	143.0	39.4	248.6	18.6	[-10.8, 48.0]	0.212
	12 weeks	32	154.4	77.0	146.6	6.3	449.9	33	152.5	58.3	151.5	51.0	265.8	1.9	[-32.1, 35.9]	0.911
	4 weeks post-intervention	32	149.3	70.0	144.0	43.2	321.2	33	141.4	64.7	141.4	31.7	252.0	7.9	[-25.6, 41.3]	0.640
Fatty acid 18:1 undifferentiated (mg)	Scr	32	26045.8	11343.9	23132.1	13050.0	68253.6	33	25017.2	7336.5	22760.9	12240.9	41282.0	1,028.6	[-3,740.4, 5,797.6]	0.667
	4 weeks	32	28215.3	8581.1	25395.2	15598.4	54115.4	32	26219.9	10726.6	22663.2	11752.6	59111.6	1,995.4	[-2,863.4, 6,854.2]	0.415
	8 weeks	32	26372.9	8077.9	25225.6	14113.5	47883.7	33	23746.3	9124.6	24789.3	8046.7	52057.6	2,626.6	[-1,642.4, 8,895.6]	0.223
	12 weeks	32	25699.4	10490.4	26933.6	4240.2	58292.7	33	26324.6	10013.9	26552.4	9530.6	49187.7	-625.2	[-5,711.9, 4,461.4]	0.807
	4 weeks post-intervention	32	25215.3	10820.6	23058.2	9016.8	58658.1	33	25512.3	9723.0	27633.2	4184.7	43482.8	-297.1	[-5,403.0, 4,808.9]	0.908
Oleic acid (18:1, n-9) (mg)	Scr	32	2954.0	1368.9	2831.0	1072.8	6846.9	33	3076.9	1547.7	2748.7	415.2	6321.6	-122.8	[-846.7, 601.0]	0.736
	4 weeks	32	3185.6	1318.8	3162.1	869.0	6034.0	32	2897.3	1478.8	2777.3	869.8	6695.4	288.3	[-412.0, 988.7]	0.414
	8 weeks	32	3194.1	1442.1	3136.5	308.7	6880.3	33	2790.5	1353.3	2680.2	198.5	5539.5	403.6	[-290.2, 1,097.4]	0.249
	12 weeks	32	3217.6	1544.5	3086.4	676.8	7825.8	33	2935.5	1462.8	2653.0	611.6	6877.0	282.1	[-464.1, 1,028.3]	0.453
	4 weeks post-intervention	32	3344.1	2328.8	2908.2	772.0	12680.7	33	2825.5	1779.3	2314.1	681.2	8012.4	518.5	[-512.7, 1,549.8]	0.318
cis-vaccenic acid (18:1, n-7) (mg)	Scr	32	183.1	81.4	181.0	68.4	416.4	33	182.7	103.6	152.8	25.9	451.9	0.4	[-45.8, 46.5]	0.987
	4 weeks	32	185.9	77.7	182.7	50.0	377.7	32	174.2	92.4	175.0	49.1	411.5	11.7	[-31.0, 54.3]	0.587
	8 weeks	32	188.2	90.9	179.2	19.0	439.4	33	165.1	85.2	155.2	20.6	351.9	23.1	[-20.6, 66.8]	0.294
	12 weeks	32	187.3	88.6	173.1	22.2	459.5	33	169.6	83.3	160.9	27.5	393.8	17.7	[-25.0, 60.4]	0.410
	4 weeks post-intervention	32	198.9	156.2	171.5	48.6	918.5	33	164.4	100.9	130.9	30.4	419.5	34.5	[-31.2, 100.1]	0.297
Icosenoic acid (20:1) (mg)	Scr	32	414.5	145.1	393.2	195.9	791.8	33	397.1	167.8	393.3	161.5	1012.9	17.4	[-60.3, 95.1]	0.656
	4 weeks	32	442.6	148.7	438.1	217.0	834.8	32	404.5	201.0	371.1	100.6	874.0	38.1	[-50.4, 126.6]	0.393
	8 weeks	32	425.4	132.7	417.3	181.5	687.7	33	349.7	142.7	374.3	94.1	788.7	75.7	[-7.4, 144.0]	0.030 *
	12 weeks	32	406.7	146.3	422.0	81.2	705.9	33	400.7	165.6	400.0	116.0	833.3	5.9	[-71.5, 83.3]	0.879
	4 weeks post-intervention	32	403.2	172.8	398.9	125.4	837.6	33	378.6	141.2	390.7	54.2	644.2	24.6	[-53.8, 103.0]	0.533
Docosenoic acid (22:1) (mg)	Scr	32	125.7	77.5	106.3	34.9	355.4	33	124.3	95.0	92.8	10.7	434.7	1.4	[-41.5, 44.3]	0.948
	4 weeks	32	131.0	107.5	113.2	26.1	610.6	32	108.3	85.2						

Supplementary Table 5. Nutritional composition in dietary survey

		Acacia group					Placebo group					Group difference	95% CI	P value			
		n	Mean	SD	Med	Min	Max	n	Mean	SD	Med				Min	Max	
Octadecadienoic acid (18:2) (mg)	Scr	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	0.0	NA	NA	NA
	4 weeks	32	0.0	0.0	0.0	0.0	0.0	32	0.0	0.0	0.0	0.0	0.0	0.0	NA	NA	NA
	8 weeks	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	0.0	NA	NA	NA
	12 weeks	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	0.0	NA	NA	NA
	4 weeks post-intervention	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	0.0	NA	NA	NA
Linoleic acid (18:2, n-6) (mg)	Scr	32	12898.8	6118.9	11344.3	5597.9	36413.2	33	12132.0	4235.3	11495.8	5570.9	21136.6	766.8	[-1,856.6, 3,390.2]	0.560	
	4 weeks	32	14177.3	5440.2	13363.6	5808.2	31970.0	32	13436.7	6120.8	12134.5	2917.8	30461.4	740.7	[-2,153.9, 3,635.2]	0.611	
	8 weeks	32	13040.0	4543.1	12408.0	6720.0	23909.4	33	12157.3	5003.5	12974.6	3138.4	28838.5	882.7	[-1,485.0, 3,250.4]	0.459	
	12 weeks	32	12759.5	5241.3	12578.2	3392.2	25711.7	33	13157.4	5405.2	12998.8	4177.0	26537.3	-397.9	[-3,036.8, 2,241.0]	0.764	
	4 weeks post-intervention	32	12334.7	5515.4	11072.2	4688.9	32016.1	33	12950.9	5074.1	13488.5	2025.8	23002.4	-616.3	[-3,246.0, 2,013.4]	0.641	
Linolenic acid (18:3) (mg)	Scr	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	NA	NA	NA	
	4 weeks	32	0.0	0.0	0.0	0.0	0.0	32	0.0	0.0	0.0	0.0	0.0	NA	NA	NA	
	8 weeks	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	NA	NA	NA	
	12 weeks	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	NA	NA	NA	
	4 weeks post-intervention	32	0.0	0.0	0.0	0.0	0.0	33	0.0	0.0	0.0	0.0	0.0	NA	NA	NA	
Alpha-linolenic acid (18:3) (mg)	Scr	32	1675.4	757.3	1536.1	656.3	4170.2	33	1687.7	668.7	1621.7	698.6	3344.8	-12.3	[-367.0, 342.3]	0.945	
	4 weeks	32	1874.1	793.5	1803.6	791.3	4546.9	32	1852.6	838.8	1669.6	365.5	3577.5	21.5	[-386.6, 429.6]	0.917	
	8 weeks	32	1746.8	576.1	1665.2	959.4	3099.0	33	1672.9	757.1	1688.4	372.6	3879.9	73.9	[-259.3, 407.1]	0.659	
	12 weeks	32	1736.3	644.6	1760.6	439.0	3040.6	33	1775.8	813.4	1758.5	507.6	3583.4	-39.5	[-403.0, 324.0]	0.829	
	4 weeks post-intervention	32	1709.2	718.7	1641.8	556.3	4181.1	33	1779.5	712.2	1837.4	214.2	3121.9	-70.3	[-425.0, 284.5]	0.694	
Gamma-linolenic acid (18:3) (mg)	Scr	32	3.5	3.9	1.8	0.2	15.1	33	2.5	2.3	1.5	0.2	10.2	1.0	[-0.6, 2.6]	0.220	
	4 weeks	32	3.4	3.0	2.8	0.4	12.9	32	2.4	2.4	1.8	0.1	10.1	1.0	[-0.3, 2.4]	0.141	
	8 weeks	32	3.1	2.8	2.3	0.3	9.8	33	2.3	2.3	1.4	0.0	8.2	0.8	[-0.5, 2.1]	0.214	
	12 weeks	32	3.1	2.9	2.3	0.1	13.7	33	2.5	2.0	1.8	0.1	8.0	0.6	[-0.6, 1.9]	0.309	
	4 weeks post-intervention	32	3.1	3.3	2.1	0.2	15.9	33	2.3	1.9	2.1	0.1	7.3	0.8	[-0.6, 2.1]	0.247	
Octadecatetraenoic acid (18:4, n-3) (mg)	Scr	32	27.1	20.7	22.4	2.1	81.9	33	28.3	25.2	19.5	0.9	108.3	-1.2	[-12.7, 10.2]	0.829	
	4 weeks	32	28.6	26.1	22.0	1.2	137.4	32	25.5	21.6	19.9	0.7	76.9	3.1	[-8.9, 15.1]	0.607	
	8 weeks	32	27.9	21.8	22.2	3.6	102.9	33	20.4	19.9	15.5	0.7	100.1	7.5	[-2.9, 17.8]	0.154	
	12 weeks	32	24.6	20.8	22.4	1.1	102.2	33	25.0	15.9	24.3	2.9	54.9	-0.3	[-9.5, 8.9]	0.944	
	4 weeks post-intervention	32	25.6	23.2	19.9	3.4	97.7	33	21.2	16.3	18.6	0.2	54.9	4.5	[-5.5, 14.5]	0.374	
Eicosadienoic acid (20:2, n-6) (mg)	Scr	32	75.6	39.4	71.8	29.6	196.4	33	67.3	23.4	57.3	34.3	114.8	8.3	[-7.9, 24.5]	0.309	
	4 weeks	32	77.8	26.5	68.8	48.0	150.3	32	72.2	35.5	71.2	22.4	196.9	5.6	[-10.1, 21.3]	0.477	
	8 weeks	32	74.0	29.4	68.7	33.9	175.3	33	61.6	29.3	60.9	12.1	170.7	12.4	[-2.1, 27.0]	0.093	
	12 weeks	32	70.7	32.3	68.3	4.4	159.3	33	71.9	30.4	68.5	15.1	148.1	-1.2	[-16.8, 14.4]	0.879	
	4 weeks post-intervention	32	69.2	35.8	57.8	26.5	159.9	33	66.2	32.3	66.7	14.7	153.5	3.0	[-13.9, 20.0]	0.720	
Eicosatrienoic acid (20:3, n-6) (mg)	Scr	32	50.3	23.6	43.2	17.9	122.8	33	49.9	17.2	45.5	23.4	104.6	0.4	[-9.9, 10.7]	0.943	
	4 weeks	32	53.7	16.9	49.7	28.4	107.6	32	52.1	21.2	46.1	28.8	115.3	1.6	[-8.0, 11.2]	0.737	
	8 weeks	32	52.0	18.7	49.7	24.0	101.3	33	46.9	20.3	48.4	12.9	84.9	5.1	[-4.6, 14.8]	0.296	
	12 weeks	32	50.7	23.3	51.5	2.7	122.5	33	51.9	19.8	47.8	21.1	92.1	-1.2	[-11.9, 9.5]	0.823	
	4 weeks post-intervention	32	49.0	21.0	47.9	16.5	101.8	33	49.4	20.9	46.2	8.5	86.1	-0.4	[-10.8, 10.0]	0.936	
Eicosatetraenoic acid (20:4, n-3) (mg)	Scr	32	20.1	13.0	16.6	4.5	49.0	33	21.8	18.9	14.9	3.7	82.4	-1.7	[-9.8, 6.3]	0.667	
	4 weeks	32	21.5	20.1	16.4	3.7	110.3	32	19.8	16.1	13.7	1.6	56.3	1.7	[-7.4, 10.8]	0.714	
	8 weeks	32	22.1	17.5	17.8	3.9	85.3	33	16.6	15.2	13.3	1.3	78.4	5.5	[-2.7, 13.6]	0.185	
	12 weeks	32	19.3	15.5	17.0	2.5	76.0	33	20.1	12.8	14.7	3.6	48.2	-0.8	[-7.9, 6.3]	0.821	
	4 weeks post-intervention	32	19.6	17.4	15.3	3.2	71.8	33	16.3	11.4	13.5	1.4	48.2	3.3	[-4.0, 10.7]	0.367	
Arachidonic acid (20, n-6) (mg)	Scr	32	215.7	102.0	187.6	100.1	504.3	33	220.1	84.0	201.0	88.7	445.0	-4.3	[-50.8, 42.1]	0.852	
	4 weeks	32	232.5	77.4	219.9	122.8	491.6	32	233.2	105.0	221.6	80.9	530.1	-0.7	[-46.9, 45.4]	0.975	
	8 weeks	32	229.1	83.6	210.8	93.3	432.9	33	204.4	95.0	199.2	65.8	437.2	24.7	[-19.7, 69.0]	0.271	
	12 weeks	32	218.7	98.0	230.9	12.3	501.0	33	232.2	91.6	212.3	75.7	417.5	-13.5	[-60.5, 33.6]	0.569	
	4 weeks post-intervention	32	214.6	93.8	192.8	87.5	501.6	33	228.8	99.3	258.2	31.8	409.6	-14.3	[-62.1, 33.6]	0.553	
Eicosapentaenoic acid (20:5, n-3) (mg)	Scr	32	159.0	106.3	142.2	20.3	401.7	33	159.0	139.7	112.8	12.9	627.1	-0.0	[-61.5, 61.5]	1.000	
	4 weeks	32	169.7	135.5	129.6	20.9	655.2	32	157.0	120.4	113.4	8.2	429.7	12.7	[-51.3, 76.8]	0.693	
	8 weeks	32	167.7	115.3	144.4	27.2	511.3	33	128.6	113.7	110.6	9.2	580.8	39.1	[-17.7, 95.9]	0.173	
	12 weeks	32	151.3	108.5	139.0	16.4	496.9	33	147.9	84.6	146.1	18.6	335.2	3.4	[-44.9, 51.8]	0.887	
	4 weeks post-intervention	32	150.5	114.6	125.9	20.4	444.3	33	125.2	85.4	119.2	8.5	297.4	25.3	[-25.1, 75.6]	0.319	
Heneicosapentaenoic acid (21:5, n-3) (mg)	Scr	32	3.4	3.7	2.6	0.0	17.3	33	3.1	3.4	2.0	0.1	14.7	0.3	[-1.5, 2.0]	0.767	
	4 weeks	32	3.3	3.3	2.0	0.1	12.1	32	2.9	3.2	1.7	0.0	11.9	0.4	[-1.2, 2.0]	0.596	
	8 weeks	32	2.8	2.3	2.9	0.1	8.4	33	2.2	2.5	1.8	0.0	11.1	0.5	[-0.7, 1.7]	0.372	
	12 weeks	32	2.7	2.3	2.8	0.1	8.8	33	2.5	2.2	2.0	0.0	7.2	0.1	[-1.0, 1.2]	0.804	
	4 weeks post-intervention	32	2.7	2.3	2.1	0.1	8.2	33	2.5	2.4	1.9	0.0	10.2	0.3	[-0.9, 1.4]	0.673	
Docosadienoic acid (22:2) (mg)	Scr	32	0.0	0.1	0.0	0.0	0.3	33	0.0	0.1	0.0	0.0	0.5	-0.0	[-0.0, 0.0]	0.859	
	4 weeks	32	0.0	0.0	0.0	0.0	0.2	32	0.0	0.0	0.0	0.0	0.1	0.0	[-0.0, 0.0]	0.697	
	8 weeks	32	0.0	0.0	0.0	0.0	0.1	33	0.0	0.0	0.0	0.0	0.0	0.0	[-0.0, 0.0]	0.272	
	12 weeks	32	0.0	0.0	0.0	0.0	0.1	33	0.0	0.0	0.0	0.0	0.1	0.0	[-0.0, 0.0]	0.836	
	4 weeks post-intervention	32	0.0	0.0	0.0	0.0	0.1	33	0.0	0.0	0.0	0.0	0.1	0.0	[-0.0, 0.0]	0.127	
Docosatetraenoic acid (22:4, n-6) (mg)	Scr	32	22.0	13.9	18.1	8.3	74.2	33	21.1	8.9	19.1	11.3	51.2	0.9	[-4.9, 6.8]	0.757	
	4 weeks	32	24.0	10.4	20.8	11.5	55.5	32	22.5	13.3	20.3	7.1	70.1	1.5	[-4.5, 7.4]	0.622	
	8 weeks	32	22.3	9.1	20.9	9.3	46.2	33	19.0	9.5	17.8	4.0	41.5	3.3	[-1.3, 7.9]	0.151	
	12 weeks	32	22.4	11.9	22.1	0.4	61.8	33	22.7	10.4	21.6	4.8	45.1	-0.3	[-5.8, 5.2]	0.916	
	4 weeks post-intervention	32	21.5	12.2	18.1	6.4	52.7	33	20.4	10.1	21.2	2.3	44.8	1.1	[-4.5, 6.7]	0.691	
DPA (22:5, n-3) (mg)	Scr	32	70.7														