

Table A1. Baseline information of participants										
	baseline					12 week				
	Active (n = 41)		Placebo (n = 42)		<i>P</i> value ¹	Active (n = 41)		Placebo (n = 42)		<i>P</i> value ¹
Energy (kcal/day)	1804 ± 185.3	1834.5 ± 175.34	0.444	1813.3 ± 207.4	1811.7 ± 145.6	0.968				
Protein (g/day)	71.5 ± 6.55	73.4 ± 6.45	0.199	72 ± 7.63	72.5 ± 5.45	0.704				
Fat (g/day)	56.8 ± 4.41	57.3 ± 4.43	0.602	57.2 ± 6.15	56.8 ± 3.9	0.69				
Carbohydrate (g/day)	256.6 ± 26.8	261.6 ± 30.4	0.426	257.1 ± 26.7	258.3 ± 21.4	0.813				
Values are means ± standard deviations.										
¹ Comparisons between groups were made with unpaired Student's <i>t</i> -tests.										