

Supplementary material

Table s1. Dietary intake at baseline, after 4 weeks and after 8 weeks of supplementation, with corresponding p-values.

		Placebo	CFE400	CFE500	P1	P2
Energy (kcal)	Baseline	2359 ± 788	2262 ± 569	2592 ± 762		
	4 weeks	2404 ± 706	2366 ± 614	2462 ± 692	0.596	0.293
	8 weeks	2460 ± 993	2126 ± 694	2615 ± 697	0.245	0.592
Fat (g)	Baseline	87.7 ± 36.7	81.4 ± 24.1	91.2 ± 30.2		
	4 weeks	92.3 ± 30.6	90.6 ± 23.8	91.9 ± 28.3	0.599	0.459
	8 weeks	89.0 ± 41.5	72.3 ± 20.3	98.2 ± 29.2	0.138	0.723
Protein (g)	Baseline	106.6 ± 54.7	96.6 ± 24.0	115.8 ± 48.0		
	4 weeks	103.3 ± 39.2	99.0 ± 34.1	107.2 ± 47.4	0.370	0.777
	8 weeks	108.8 ± 49.3	89.0 ± 35.0	115.0 ± 44.2	0.326	0.974
Carbohydrates (g)	Baseline	263.4 ± 77.6	257.0 ± 85.0	298.5 ± 98.0		
	4 weeks	266.0 ± 93.9	255.1 ± 100.0	280.7 ± 87.4	0.875	0.520
	8 weeks	280.7 ± 123.7	256.2 ± 112.3	295.6 ± 98.4	0.756	0.452

Values are expressed as observed mean ± SD. Differences between the intervention groups and placebo group were compared with an unstructured linear mixed model with correction for baseline values. P1: P-value between CFE400 and placebo. P2: P-value between CFE500 and placebo.