

SUPPLEMENTAL TABLE S1. Nutritional composition of the dietary supplement ⁽²⁴⁾

Energy value	Per 100 g	Per 32 g Dose	% RDA ¹ per Dose
KJ	1466	469	
Kcal	351	112	
Nutrients			
Proteins (g)	68.9	22	
Lipids (g)	1.1	0.4	
Saturated fatty acids (g)	0.2	0.0	
Total carbohydrates (g)	14.8	4.7	
Simple carbohydrates ² (g)	2.6	0.8	
Complex carbohydrates ² (g)	3.9	1.2	
Polyols (g)	8.3	2.7	
Fiber (g)	6.9	2.2	
Fructo-oligo-saccharide (FOS) (g)	3.2	1.0	
Minerals			
Calcium (mg)	25.8	8.3	1%
Phosphorus (mg)	76.3	24.4	3%
Sodium (mg)	917.4	293.6	
Magnesium (mg)	140.7	45.0	12%
Iron (mg)	0.8	0.3	2%
Vitamins			
D3 (Cholecalciferol) (µg=IU)	7.8=312	2.5=100	50%

¹RDA, Recommended Dietary Allowance. ²Sugars and polysaccharides,

Supplemental TABLE S2. Dietary intakes of supplemented (n=69) and control patients (n=61) at baseline and after 12 weeks.

	Placebo group		Supplemented group		p value ¹	p value ²
	baseline	12 weeks	baseline	12 weeks		
Energy (Kcal/day)	1622±350	1615±273	1600±215	1573±339	ns	ns
Proteins (g/day)	59±8	60±9	54±12	55±11	ns	ns
Fat (g/day)	54±12	55±11	52±9	53±14	ns	ns
Carbohydrates (g/day)	225±4	220±5	214±3	212±4	ns	ns
Vitamin D (UI/day)	299±79	298±87	301±92	296±89	ns	ns

Data are expressed as mean ± standard deviation (SD) and carried out by Carnovale E. Marletta L. “Food composition tables”, Italian National Institute of Nutrition, Rome 1997.

Regression model for repeated measures: ¹p-value from within treatment regression model – test for time; ²p-value from between treatment regression model -test for interaction; ns: not significant