

Supplementary Table S1. Energy (EI) and macronutrient intake (expressed as a percentage of EI and relative to BW) in the tested study groups (Verum, Control) at the beginning (time point a) and end (time point b) of the intervention.

Variable	Verum (<i>n</i> = 10)		Control (<i>n</i> = 13)	
	a	b	a	b
EI (kcal/d)	2550 ± 860	2610 ± 570	2127 ± 600	2192 ± 630
Protein (E%)	15 ± 2**	23 ± 3††	16 ± 4	16 ± 3
Fat (E%)	32 ± 6*	28 ± 4†	33 ± 6	33 ± 5
CHO (E%)	51 ± 5	50 ± 4	48 ± 7	51 ± 5
Protein (g/kg)	1.2 ± 0.4**	1.8 ± 0.2††	1.2 ± 0.4	1.2 ± 0.4
Fat (g/kg)	1.2 ± 0.4	1.0 ± 0.3	1.1 ± 0.3	1.1 ± 0.4
CHO (g/kg)	4.1 ± 1.3	4.4 ± 0.9	3.5 ± 0.9	3.7 ± 0.9

The results are presented as mean ± SD. **p*<0.05 and ***p*<0.01 (intra-group comparisons between time points). †*p*<0.05 and ††*p*<0.01 (inter-group comparisons at time point).