

Supplement S1. Score values for each item in the Robuvit and placebo groups at baseline and at weeks 4 and 8 of supplementation.

Items	Score (average) – Robuvit					Score (average) – placebo					P Robuvit vs. placebo		
	W0	W4	P W4 vs W0	W8	P W8 vs W0	W0	W4	P W4 vs W0	W8	P W8 vs W0	W0	W4	W8
n	32	28		24		23	23		23				
PF	79.1	78.9	0.911	86.3	0,001	73.5	68.5	0.169	89.7	0,107	0, 542	0,074	0,998
RP	53.4	40.3	0.632	81.3	0,001	60.3	37.5	0.014	82.4	0,382	0,588	0,816	0,856
PB	77.3	76.9	0.976	86.8	0,083	74.8	72.4	0.223	92.1	0,129	0,965	0,649	0,605
GH	67.4	78.5	0.001	80.1	0,028	73.2	71.0	0.042	74.7	0,758	0,237	0,017	0,194
PCS	69.4	68.7	0.775	83.6	0,001	72.5	62.4	0.014	84.7	0,019	0,700	0,091	0,963
VT	55.5	56.6	0.356	67.1	0,011	59.1	53.3	0.413	67.6	0,271	0,555	0,585	0,879
SF	67.7	83.0	0.016	87.5	0,001	70.2	65.0	0.131	77.2	0,978	0,633	0,031	0,002
RE	66.3	62.6	0.999	81.9	0,031	64.8	71.7	0.844	90.2	0,086	0,847	0,722	0,421
MH	69.9	78.1	0.003	79.5	0,019	70.8	70.4	0.389	82.6	0,138	0,262	0,019	0,273
MCS	65.2	70.1	0.069	79.0	0,002	66.2	65.1	0.279	79.4	0,117	0,732	0,301	0,860
SF36	67.3	67.0	0.691	81.3	0,001	68.3	64.0	0.042	82.1	0,034	0,614	0,608	0,642

PF - physical functioning, RP - role limitations due to physical health, PB - pain, GH - general health, PCS - physical Component Summary, VT - vitality, SF - social functioning, RE - role limitations due to emotional problems, MH - mental health, MCS - mental component Summary, SF36 - whole physical and mental health W – week, P – significance, vs - versus