

SUPPLEMENTARY TABLES

Supplementary Table S1. Nutritional information of the semi-elemental whey-hydrolyzed protein diet without fiber.

Average content		Bottle (200 ml)
Energy value	kJ (kcal)	840 (200)
Fat	g	5.6
Saturated fatty acids	g	2.9
Medium chain triglycerides	g	2.7
Monounsaturated fatty acids	g	1.6
Polyunsaturated fatty acids	g	1.1
Carbohydrate	g	28.2
Sugars	g	10.0
Lactose	g	≤0.2
Protein	g	9.3
Fibre	g	<0.2

Supplementary Table S2. Bivariate analysis of potential factors associated with nutritional status improvement.

				p
Diagnosis	Recent	Previous		0.447
Maintenance low-risk malnourishment	5 (9.8%)	7 (7.7%)		
Maintenance moderate malnourishment	2 (3.9%)	4 (4.4%)		
Maintenance severe malnourishment	2 (3.9%)	3 (3.3%)		
1-level improvement (severe to moderate)	5 (9.8%)	18 (19.8%)		
2-level improvement (severe to low-risk malnourishment)	16 (31.4%)	15 (16.5%)		
1-level improvement (moderate to low-risk malnourishment)	21 (41.2%)	44 (48.4%)		
Surgery	Yes	No		0.998
Maintenance low-risk malnourishment	2 (4.3%)	10 (10.6%)		
Maintenance moderate malnourishment	0 (0.0%)	6 (6.4%)		
Maintenance severe malnourishment	2 (4.3%)	3 (3.2%)		
1-level improvement (severe to moderate)	11 (23.4%)	11 (11.7%)		
2-level improvement (severe to low-risk malnourishment)	11 (23.4%)	20 (21.3%)		
1-level improvement (moderate to low-risk malnourishment)	21 (44.7%)	44 (46.8%)		
Number of supplements	1 bottle/day	2 bottle/day	3 bottle/day	<0.001
Maintenance low-risk malnourishment	5 (100%)	7 (9.6%)	0 (0.0%)	
Maintenance moderate malnourishment	0 (0.0%)	5 (6.8%)	1 (1.6%)	
Maintenance severe malnourishment	0 (0.0%)	0 (0.0%)	5 (7.8%)	
1-level improvement (severe to moderate)	0 (0.0%)	0 (0.0%)	23 (35.9%)	
2-level improvement (severe to low-risk malnourishment)	0 (0.0%)	0 (0.0%)	31 (48.4%)	
1-level improvement (moderate to low-risk malnourishment)	0 (0.0%)	61 (83.6%)	4 (6.3%)	
Weight	Loss	Gain		<0.001
Maintenance low-risk malnourishment	5 (25.0%)	7 (5.9%)		
Maintenance moderate malnourishment	3 (15.0%)	3 (2.5%)		

Maintenance severe malnourishment	5 (25.0%)	0 (0.0%)
1-level improvement (severe to moderate)	3 (15.0%)	20 (16.8%)
2-level improvement (severe to low-risk malnourishment)	1 (5.0%)	30 (25.2%)
1-level improvement (moderate to low-risk malnourishment)	3 (15.0%)	59 (49.6%)

P-values were calculated with the Chi-square test.

Supplementary Table S3. Bivariate analysis of potential factors associated with albumin levels improvement.

				p
Nutritional status	Low-risk malnourishment	Moderate malnourishment	Severe malnourishment	<0.001
Change in albumin levels	0.52	0.50	0.93	
Number of supplements	1 bottle/day	2 bottle/day	3 bottle/day	<0.001
Change in albumin levels	0.06	0.54	0.89	
Gastrointestinal symptomatology	Good	Moderate	Severe	0.073
Change in albumin levels	0.74	0.49	0.5	
Disease severity	Remission	Mild	Moderate	0.877
Change in albumin levels	0.69	0.71	0.63	
Adherence	Whole content	2/3 content	1/2 content	1/4 content
Change in albumin levels	0.73	0.6	0.14	0.2

P-values were calculated with the ANOVA test.

Supplementary Table S4. Bivariate analysis of potential factors associated with body mass index improvement.

					p
Nutritional status	Low-risk malnourishmen t	Moderate malnourishmen t	Severe malnourishmen t		
BMI change	1.14	0.99	-0.48		
Number of supplements	1 bottle/day	2 bottle/day	3 bottle/day	0.275	
BMI change	0.55	0.83	1.04		
Gastrointestinal symptomatology	Good	Moderate	Severe	0.294	
BMI change	1.04	1.33	0.49		
Disease severity	Remission	Mild	Moderate	0.005	
BMI change	0.87	1.51	0.47		
Adherence	Whole content	2/3 content	1/2 content	1/4 content	0.368
BMI change	0.99	1.56	0.66	0.35	

BMI, body mass index. P-values were calculated with the ANOVA test.

Supplementary Table S5. Bivariate analysis of potential factors associated with HBI improvement.

				p
Nutritional status	Low-risk	Moderate	Severe	
	malnourishmen	malnourishmen	malnourishmen	
	t	t	t	
HBI change	-38.33	-48.87	-81.17	<0.001
Diagnosis	Recent	Previous		0.025
HBI worsening	9.6%	1.1%		
HBI improvement	90.4%	98.9%		

P-values were calculated with the ANOVA test for HBI change or the Chi-square test for diagnosis.

Supplementary Table S6. Bivariate analysis of potential factors associated with stool frequency improvement.

					p
Nutritional status	Low-risk	Moderate	Severe		
	malnourishmen	malnourishmen	malnourishmen		
	t	t	t		
Stool frequency change	-2.53	-3.72	-2	0.135	
Number of supplements	1 bottle/day	2 bottle/day	3 bottle/day		
Stool frequency change	-1.40	-2.35	-3.42	0.072	
Gastrointestinal symptomatology	Good	Moderate	Severe	0.012	
Stool frequency change	-2.82	-2.78	1.75		
Disease severity	Remission	Mild	Moderate	0.012	
Stool frequency change	-3.26	-1.82	-1.33		
Adherence	Whole content	2/3 content	1/2 content	1/4 content	0.399
Stool frequency change	-2.79	-2.40	-4.20	0.0	

P-values were calculated with the ANOVA test