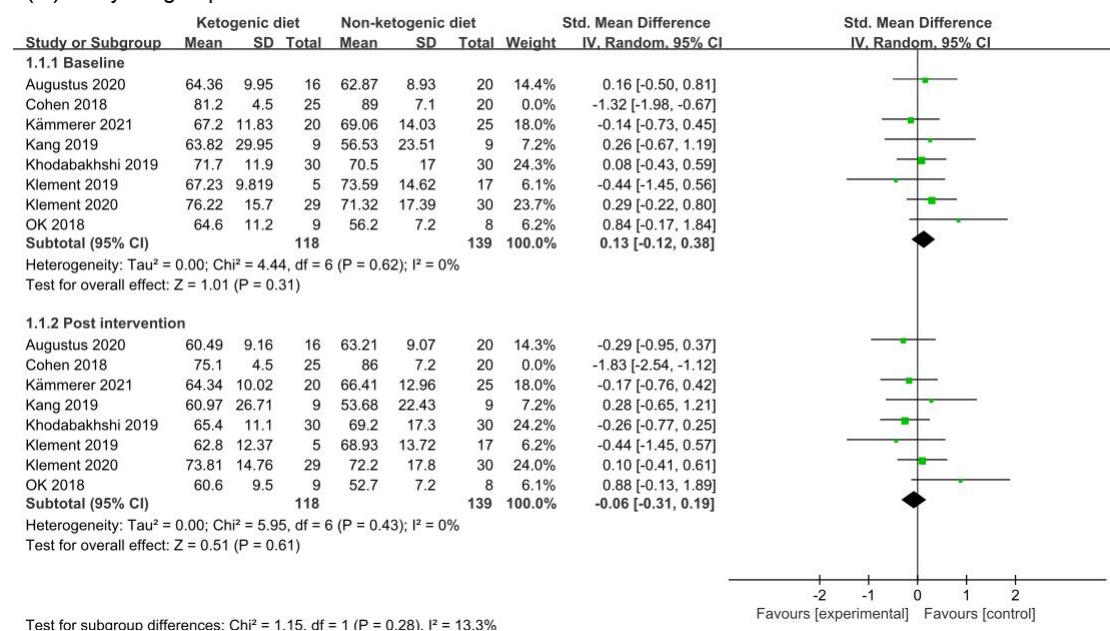
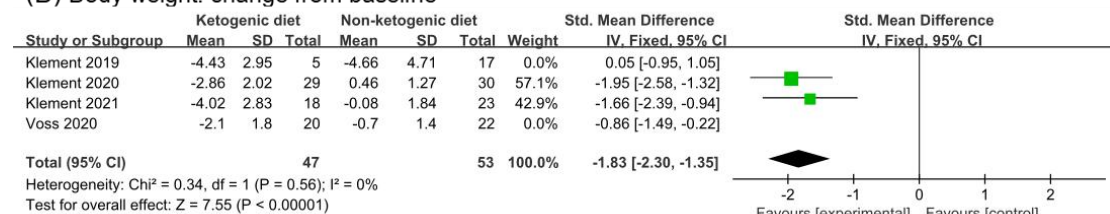


## Figure S1 Supplementary analysis of effects on body composition

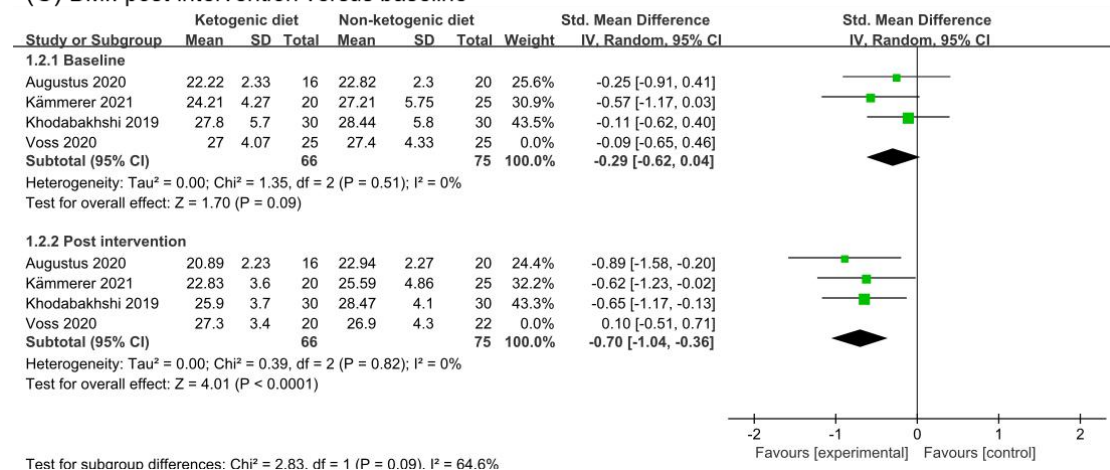
### (A) Body weight: post-intervention versus baseline



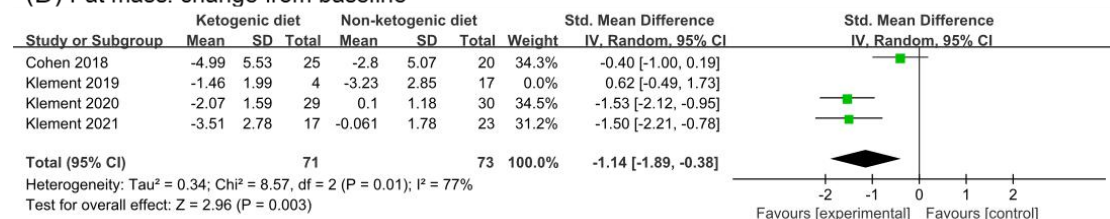
### (B) Body weight: change from baseline



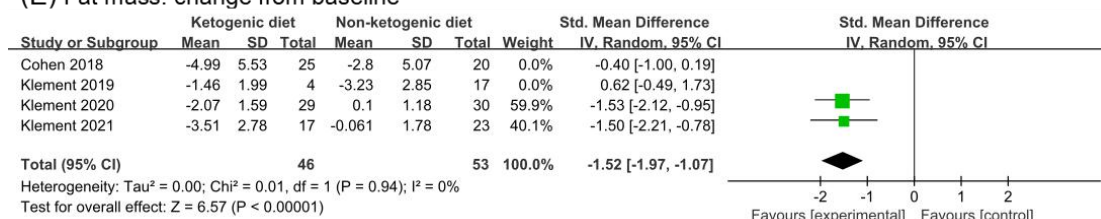
### (C) BMI: post-intervention versus baseline



### (D) Fat mass: change from baseline

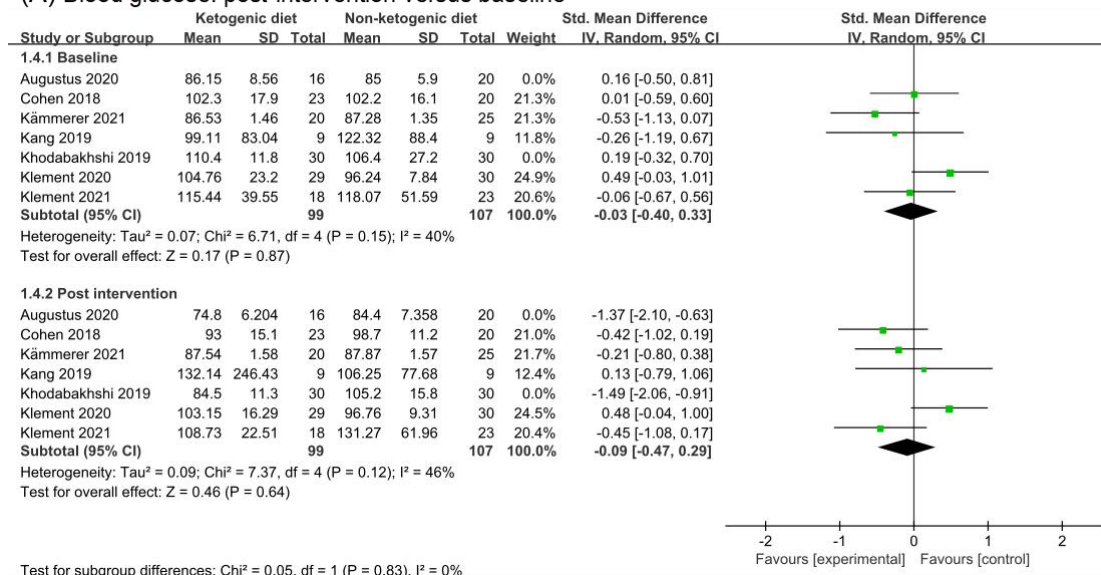


### (E) Fat mass: change from baseline

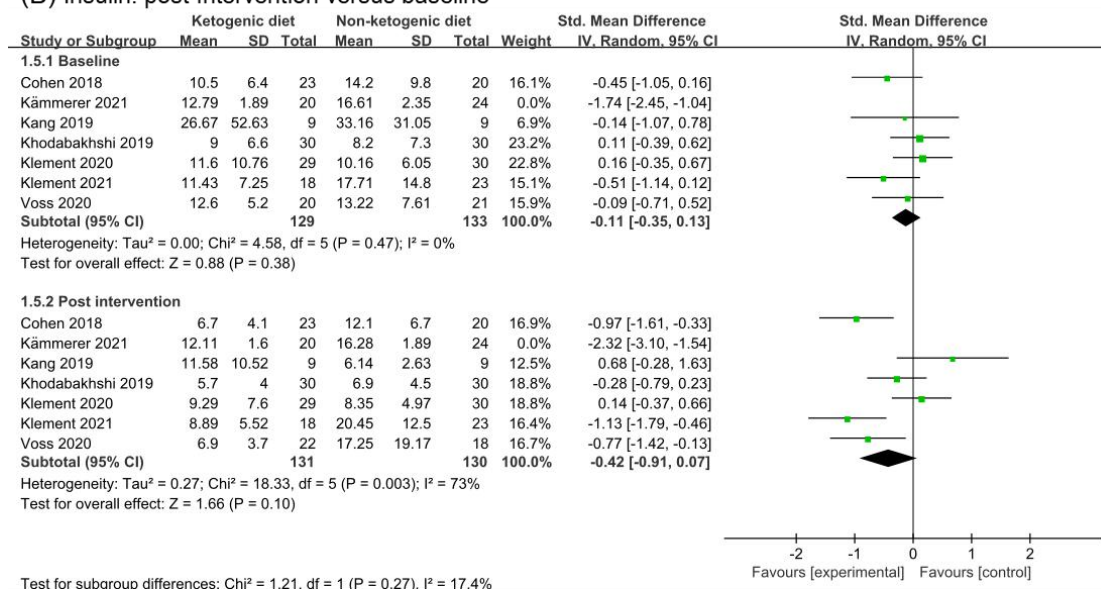


**Figure S2 Supplementary analysis of effects on blood glucose, insulin and IGF-1**

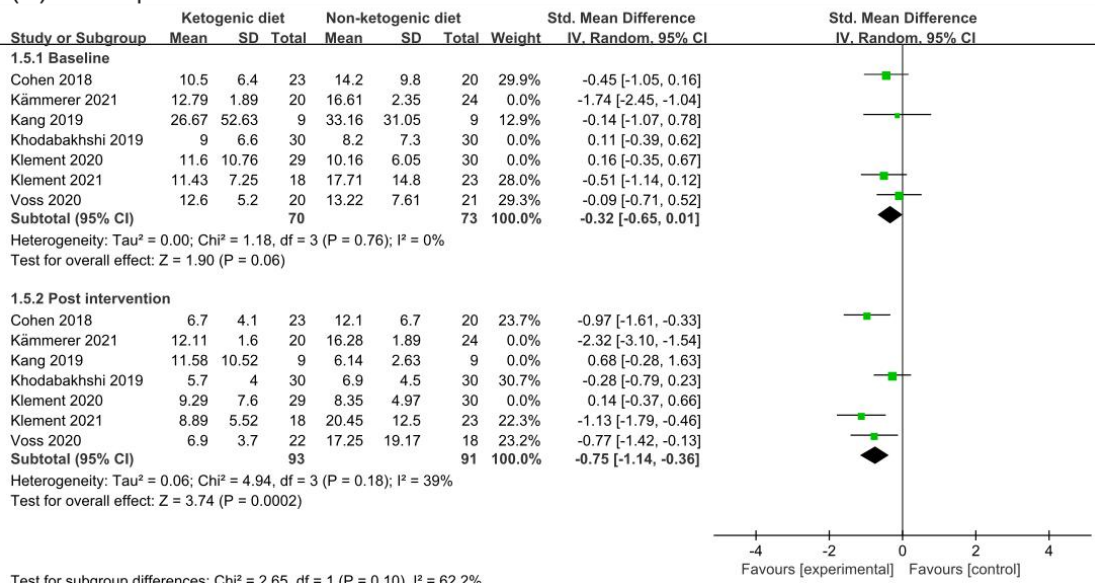
### (A) Blood glucose: post-intervention versus baseline



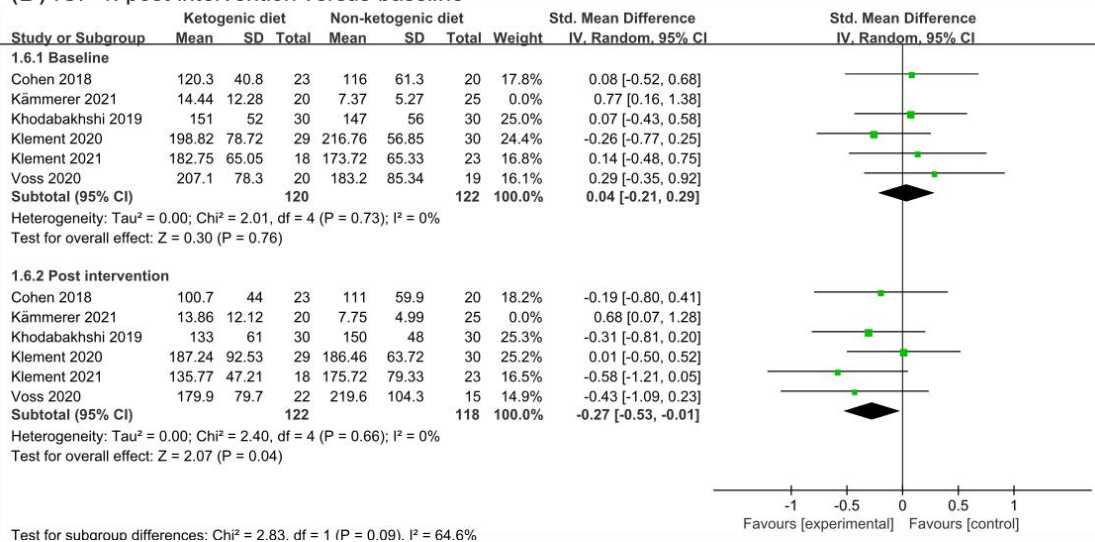
### (B) Insulin: post-intervention versus baseline



### (C) Insulin: post-intervention versus baseline



### (D) IGF-1: post-intervention versus baseline



### (E) IGF-1: change from baseline

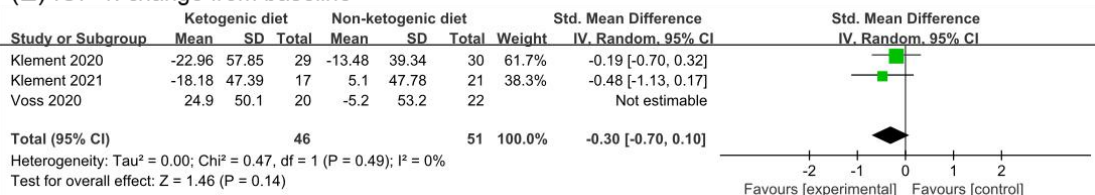
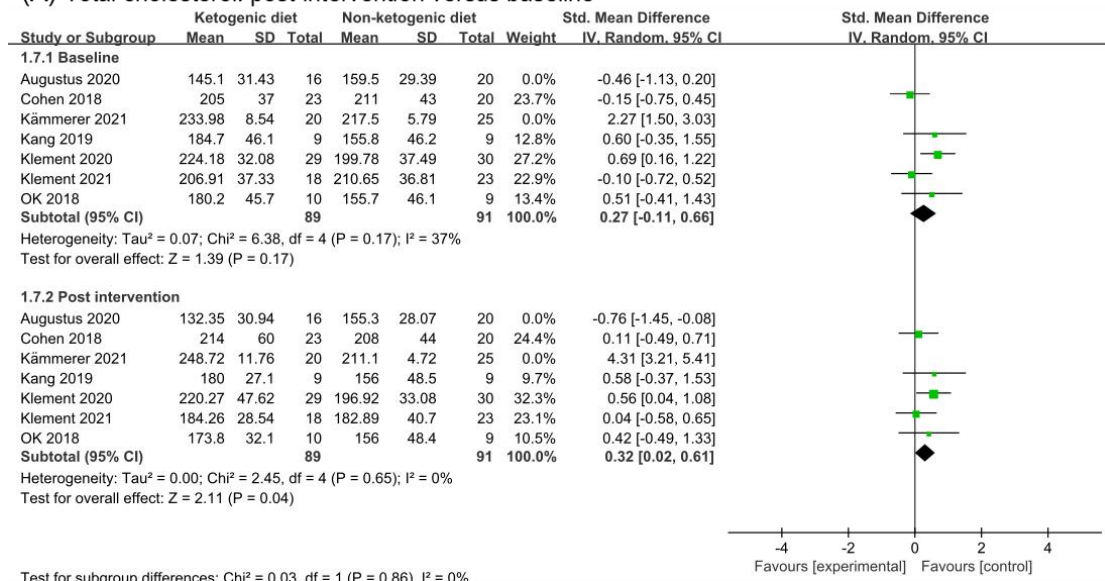


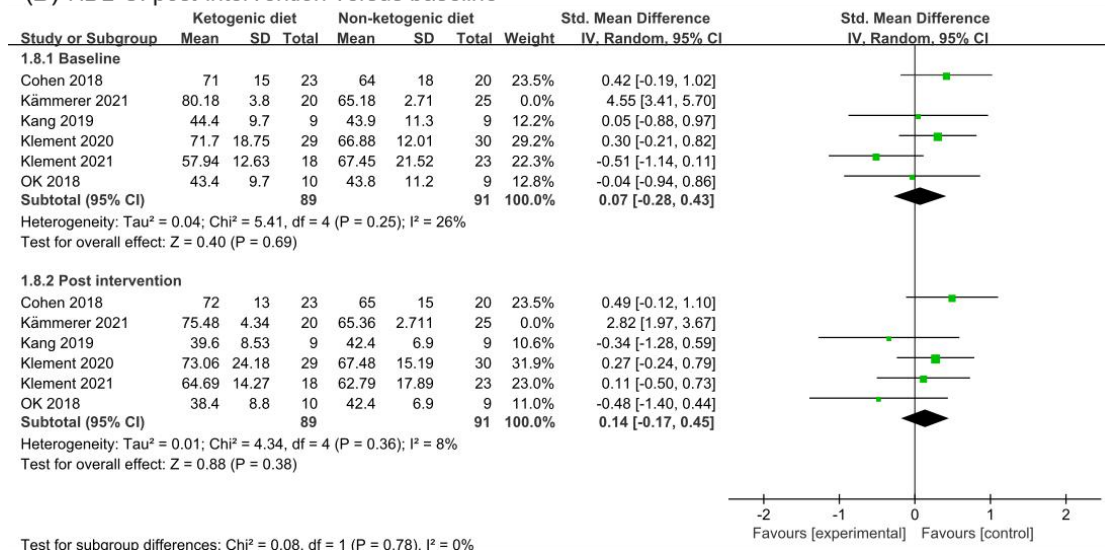
Figure S3 Supplementary analysis of effects on lipid profiles



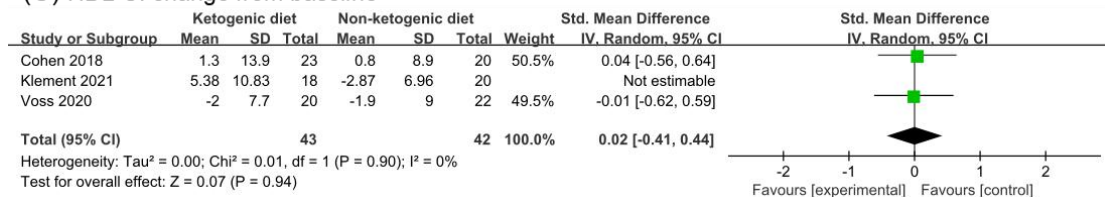
### (A) Total cholesterol: post-intervention versus baseline



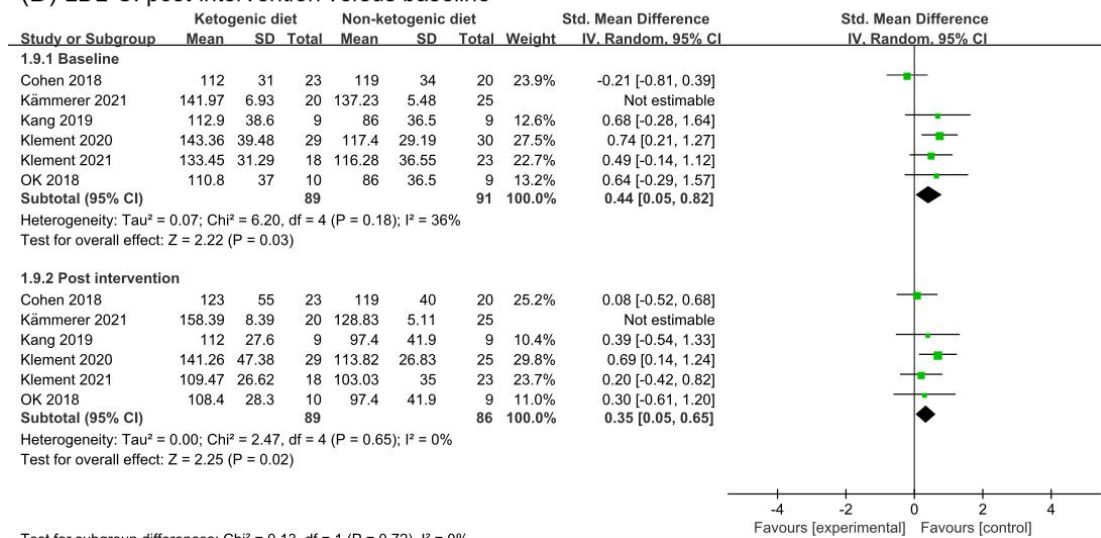
### (B) HDL-C: post-intervention versus baseline



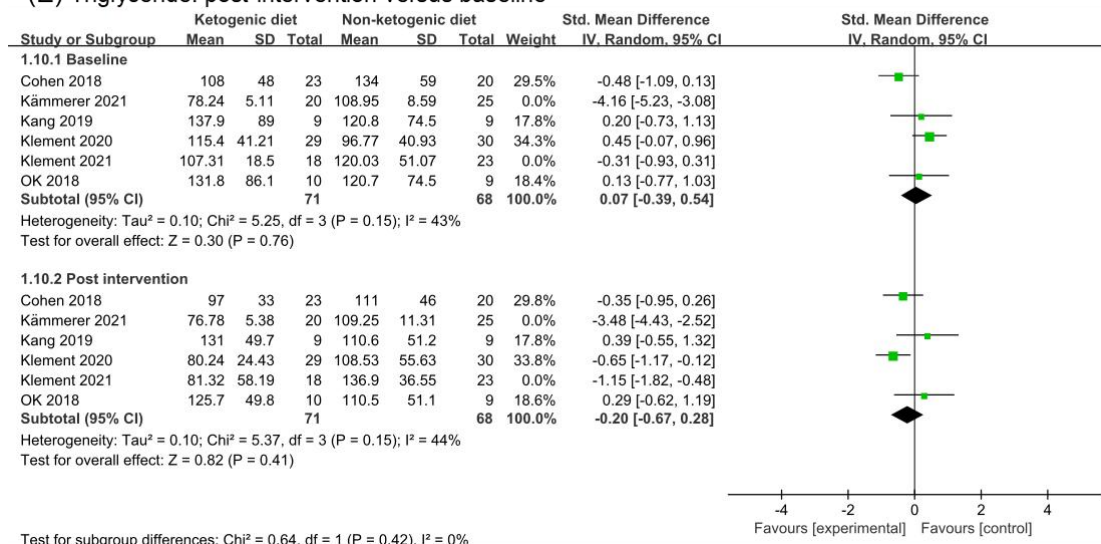
### (C) HDL-C: change from baseline



### (D) LDL-C: post-intervention versus baseline



### (E) Triglyceride: post-intervention versus baseline



### (F) Triglyceride: change from baseline

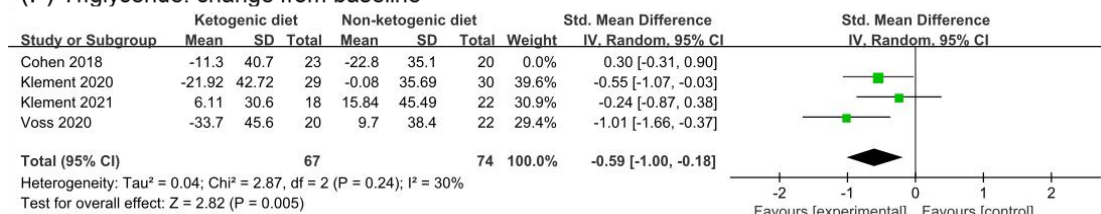
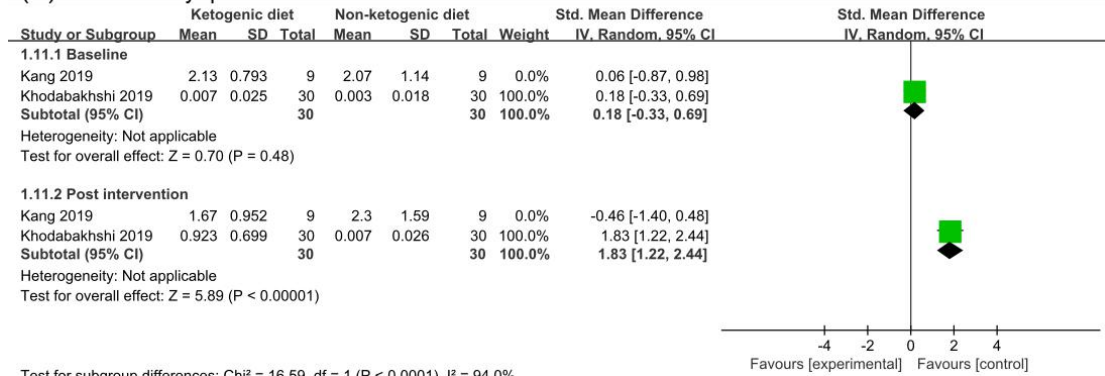
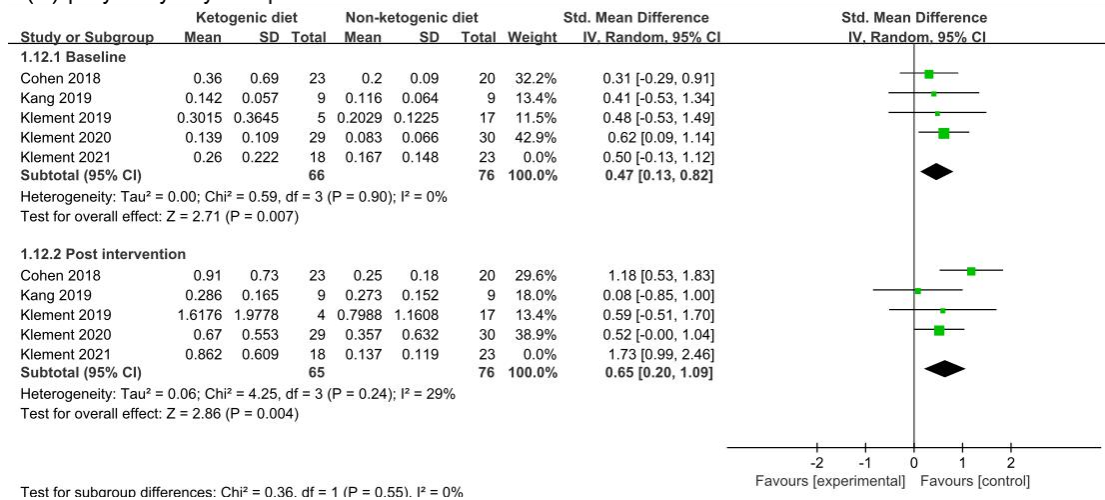


Figure S4 Supplementary analysis of effects on ketosis

### (A) Ketone body: post-intervention versus baseline

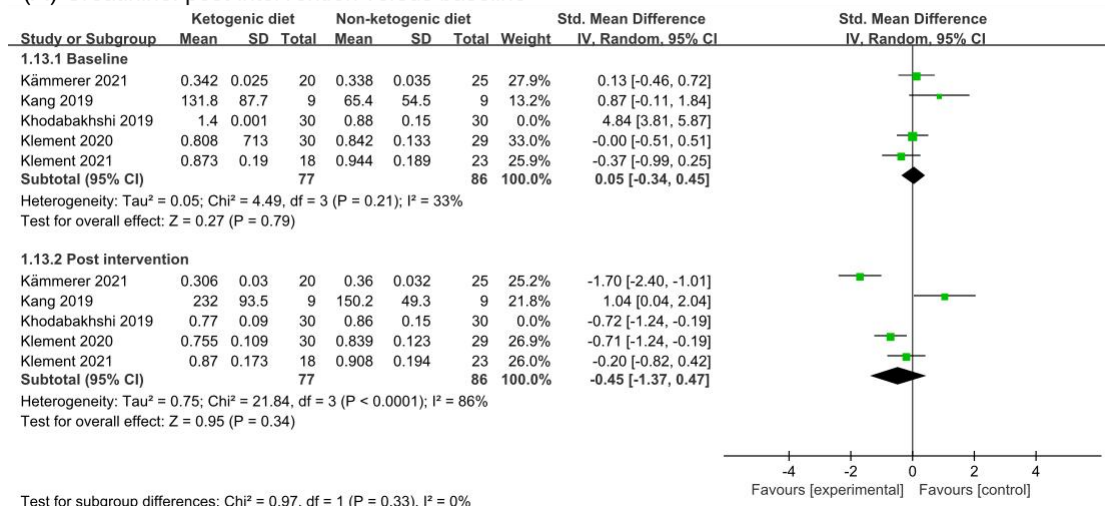


### (B) $\beta$ -hydroxybutyrate: post-intervention versus baseline



## Figure S5 Supplementary analysis of effects on creatinine

### (A) Creatinine: post-intervention versus baseline



## (B) Creatinine: post-intervention versus baseline

