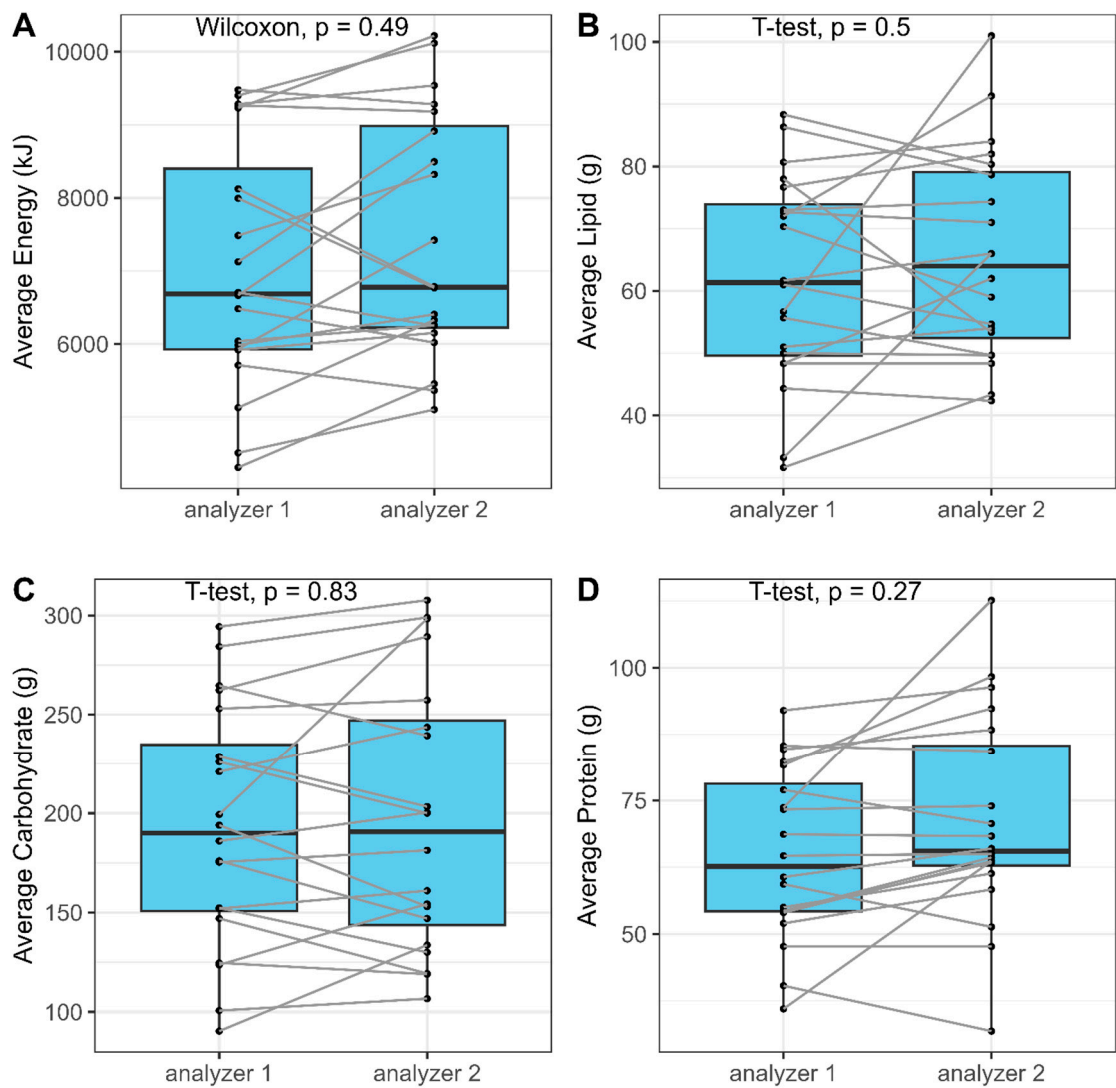


Use of fermented red clover isoflavones in the treatment of overactive bladder in postmenopausal women: A randomized, double-blinded, placebo-controlled trial

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Supplemental Figure S1: Food diary. Comparison of a subset of randomly selected participants (N=20) to test for reproducibility between two different analyzers.



Supplemental Table S1: Red clover extract isoflavone composition and content

Isoflavone	mg/kg
Formononetin	541
Biochanin A	210
Genistein	65
Daidzein	14
Ononin	4
Total isoflavone content	834

Supplemental Table S2: Fluid intake and bladder diary characteristics at baseline

Parameters	RCE (n=16)	Placebo (n=17)	p-value
Fluid intake 24-hour (mL) Median (QR1-QR3)	1897 (1498-2022)	1883 (1617-2033)	0.925
Fluid intake night (mL) Median (QR1-QR3)	0 (0-62.5)	0 (0-0)	0.246
24-hour urine volume (mL) Mean \pm SD Median (QR1-QR3)	1768 \pm 502 1557 (1416-2233)	1780 \pm 503 1853 (1343-2192)	0.948 1
Nocturnal urine volume (mL) Median (QR1-QR3)	410 (274-612)	450 (335-550)	0.985
Average voided volume (mL) Mean \pm SD	198 \pm 71.2	206 \pm 62.7	0.727
24-hour frequency Median (QR1-QR3)	8.67 (8.17-11.0)	8.33 (7.67-9.33)	0.472
Nocturnal frequency Median (QR1-QR3)	1.67 (0.67-2.33)	0.67 (0.33-1.33)	0.119
Daytime urinary frequency Median (QR1-QR3)	7.67 (6.83-9.17)	7.67 (7-9.33)	0.895
24-hour incontinence episodes Median (QR1-QR3)	0.33 (0-1.33)	0.67 (0-2)	0.478
Incontinence episodes night Mean \pm SD Median (QR1-QR3)	0.179 \pm 0.647 0 (0-0)	0.157 \pm 0.427 0 (0-0)	0.524
24-hour max volume (mL) Median (QR1-QR3)	500 (300-585)	460 (350-500)	0.649
Daytime max volume (mL) Median (QR1-QR3)	440 (285-500)	460 (300-500)	0.506

Note. Mean \pm SD are stated for normally distributed data whereas median (QR1-QR3) values are stated for not normally distributed data. All volumes are in mL. RCE: red clover extract.

Supplemental Table S3: Dietary intake registration

Dietary intake	RCE (n=16) ^Δ			Placebo (n=17)			Difference between groups <i>p</i> ^a
	Baseline	Follow-up	<i>p</i>	Baseline	Follow-up	<i>p</i>	
Energy, kJ	7043 ±1352	7166 ±1784	0.764	6703 ±1132	6488 ±1163	0.281	0.21
Lipid, g	61.7 ±10.6	64.7 ±21.1	0.525	56.3 ±12.1	54.8 ±18.0	0.698	0.16
Carbohydrate, g	188 ±54.1	189 ±53.4	0.924	185 ±34.1	182 ±45.6	0.719	0.67
Protein, g	70.2 ±11.0	72.7 ±15.0	0.574	67.3 ±18.8	64.7 ±17.6	0.647	0.171

Note. Data are displayed as an average of the three days presented as means ±SD. Data do not include

nutrient intake from supplements. ^ΔThe food diary revealed that one woman consumed food that

contained high levels of isoflavones, though in low amounts. ^aComparison of RCE (red clover extract) with

placebo at follow-up.

Supplemental Table S4: Self-reported diseases by participants.

Feature	RCE (n=16)	Placebo (n=16)	p-value
Other diseases, n (%)			
Central nervous system			
- Stroke	1 (6.25)	0 (0.0)	1
- Migraine	0 (0.0)	1 (6.25)	1
- Parkinson's	1 (6.25)	0 (0.0)	1
Cardiovascular			
- Arteriosclerosis	0 (0.0)	1 (6.25)	1
- Hypertension	3 (18.8)	3 (18.8)	1
- Increased cholesterol	6 (62.5)	3 (18.8)	0.432
Lung / pulmonary			
- Chronic obstructive pulmonary disease	1 (6.25)	0 (0.0)	1
- Asthma	1 (6.25)	1 (6.25)	1
- Others	1 (6.25)	0 (0.0)	1
Gastrointestinal tract			
- Construction of cardiac sphincter	1 (6.25)	0 (0.0)	1
Musculoskeletal			
- Osteoarthritis	7 (43.8)	3 (18.8)	0.253
- Osteoporosis	2 (12.5)	1 (6.25)	1
- Back disease	1 (6.25)	1 (6.25)	1
- Hip fracture	1 (6.25)	0 (0.0)	1
Urogenital			
- Lichen sclerosus	1 (6.25)	0 (0.0)	1
- Prolaps	1 (6.25)	0 (0.0)	1
Endocrine			
- Diabetes mellitus 2	1 (6.25)	0 (0.0)	1
- Hypothyroidism	1 (6.25)	1 (6.25)	1
Cancer			
- Skin cancer	1 (6.25)	0 (0.0)	1
- Vulva cancer	1 (6.25)	0 (0.0)	1

Note. Percentages are calculated based on each treatment group. One woman in the placebo group did not report

current or previous other diseases (n=16). Comparison of proportions by z-test. RCE: Red clover extract