



**Figure S1.** Flow of participants by randomized group and definition of the intention to treat (ITT) and modified intention-to-treat (mITT) populations.

**Table S1.** Baseline characteristics between the intention-to-treat (ITT) and modified-intention-to-treat (mITT) populations.

Characteristic	ITT (n=351)	mITT (n=339)
Age, y	59.4 (8.7)	59.4 (8.7)
Race, n (%)		
White	218 (62.1%)	215 (63.4%)
Black	122 (34.8%)	113 (33.3%)
Other	11 (3.9%)	11 (3.3%)
Body mass index, kg/m <sup>2</sup>	34.0 (5.9)	34.0 (5.9)
25.0–29.9 kg/m <sup>2</sup>	108 (30.8%)	104 (30.7%)
30.0–34.9 kg/m <sup>2</sup>	102 (29.1%)	98 (28.9%)
≥35.0 kg/m <sup>2</sup>	141 (40.1%)	137 (40.4%)
Cancer stage, n (%)		
Ductal carcinoma in situ	24 (6.8%)	24 (7.1%)
I	74 (21.1%)	73 (21.5%)
II	104 (29.6%)	99 (29.2%)
III	70 (19.4%)	68 (20.1%)
Unknown	79 (23.1%)	75 (22.1%)
No. of nodes removed, n	12.5 (9.2)	12.5 (9.2)
Cancer treatments, n (%)		
Chemotherapy	289 (82.3%)	277 (81.7%)
Radiotherapy	288 (82.1%)	278 (82.0%)
Tamoxifen	36 (10.3%)	35 (10.3%)
Aromatase inhibitor	102 (29.1%)	101 (29.8%)
Time since cancer diagnosis, mo.	92.0 (63.4)	92.7 (63.7)

Values are mean (standard deviation) or n (%).

**Table S2.** Correlation of log-transformed change in adipokine biomarkers by change in body composition and biomarkers of insulin resistance, inflammation, and sex steroid hormones.

	$\Delta$ Leptin	$\Delta$ Adiponectin	$\Delta$ Adiponectin: Leptin Ratio
$\Delta$ Body weight	$r=0.65; P<0.001$	$r=-0.21; P=0.001$	$r=-0.53; P<0.001$
$\Delta$ Fat mass	$r=0.63; P<0.001$	$r=-0.19; P=0.004$	$r=-0.50; P<0.001$
$\Delta$ Visceral fat area	$r=0.35; P<0.001$	$r=-0.06; P=0.33$	$r=-0.24; P<0.001$
$\Delta$ Subcutaneous fat area	$r=0.48; P<0.001$	$r=-0.15; P=0.020$	$r=-0.44; P<0.001$
$\Delta$ Lean mass	$r=0.39; P<0.001$	$r=-0.23; P<0.001$	$r=-0.34; P<0.001$
$\Delta$ Appendicular lean mass	$r=0.32; P<0.001$	$r=-0.18; P=0.006$	$r=-0.25; P<0.001$
$\Delta$ Insulin	$r=0.04; P=0.53$	$r=-0.08; P=0.25$	$r=0.04; P=0.56$
$\Delta$ Glucose	$r=0.15; P=0.020$	$r=-0.22; P=0.001$	$r=-0.18; P=0.006$
$\Delta$ C-peptide	$r=0.51; P<0.001$	$r=-0.19; P=0.004$	$r=-0.40; P<0.001$
$\Delta$ C-reactive protein	$r=0.26; P<0.001$	$r=-0.20; P=0.003$	$r=-0.24; P<0.001$
$\Delta$ Serum amyloid A	$r=0.24; P<0.001$	$r=-0.11; P=0.11$	$r=-0.21; P=0.002$
$\Delta$ ICAM-1	$r=0.03; P=0.69$	$r=-0.14; P=0.039$	$r=-0.09; P=0.20$
$\Delta$ VCAM-1	$r=-0.08; P=0.22$	$r=-0.05; P=0.50$	$r=0.04; P=0.52$
$\Delta$ Estradiol	$r=0.12; P=0.089$	$r=0.03; P=0.61$	$r=-0.04; P=0.58$
$\Delta$ SHBG	$r=-0.37; P<0.001$	$r=0.27; P<0.001$	$r=0.39; P<0.001$
$\Delta$ Testosterone	$r=0.23; P=0.004$	$r=-0.14; P=0.067$	$r=-0.22; P=0.005$

HOMA-IR, homeostatic model assessment of insulin resistance; ICAM-1, intercellular adhesion molecule 1; vascular cell adhesion molecule 1; SHBG, sex hormone binding globulin