Table S1. Nutrition facts of study material.

	Protein supplement	Placebo supplement
Energy (kcal)	140	140
Carbohydrate (g)	13	31
Protein (g)	18	0
Fat (g)	1.5	1.5
Sodium (g)	310	310
Fiber (g)	-	2
Fructo-oligosaccharides (g)	4	4
Vitamin B_6 (mg)	3	3
Vitamin D (mg)	20	20
Calcium (mg)	304	304
Magnesium (mg)	100.8	100.8
Zinc (mg)	2.55	2.55