

Supplementary Table S2. Baseline characteristics of the population of study divided by Nutritional Adherence

	Low adherence <i>N</i> =58	High adherence <i>N</i> =77	<i>P</i> value	<i>N</i>
Anthropometric and demographic variables				
Age, years	62.9 (13.5)	60.0 (15.6)	0.325	135
Sex:			0.923	135
Female	33 (56.9%)	42 (54.5%)		
Male	25 (43.1%)	35 (45.5%)		
Body-mass index, kg/m ²	21.4 (4.04)	22.4 (3.64)	0.116	135
BIVA				
PA, (°)	5.14 (1.07)	4.78 (0.95)	0.045*	135
SPA	0.23 (1.55)	-0.56 (1.35)	0.003**	135
BCM, kg	22.8 (6.27)	21.9 (6.33)	0.338	135
BCMI, kg/m ²	8.29 (1.86)	7.95 (1.81)	0.187	135
FFM, kg	46.4 (8.91)	46.8 (8.98)	0.783	135
FFMI, kg/m ²	17.0 (2.18)	17.0 (2.17)	0.984	135
FM, kg	11.9 (6.76)	14.5 (7.05)	0.023*	135
FMI, kg/m ²	4.39 (2.55)	5.38 (2.75)	0.028*	135
SMM, kg	22.2 (6.04)	22.3 (6.66)	0.934	135
ASMM, kg	17.0 (4.27)	17.3 (4.44)	0.791	135
SMI, kg/m ²	8.07 (1.62)	8.05 (1.83)	0.805	135
MM, kg	22.2 (6.04)	22.3 (6.66)	0.934	135
ECW, kg	17.3 (3.42)	18.1 (3.43)	0.232	135
TBW, kg	34.4 (6.76)	34.7 (7.12)	0.875	135
ECW/TBW	0.53 (0.06)	0.51 (0.06)	0.062	135
Na/K	1.29 (0.28)	1.28 (0.24)	0.856	135

	Low adherence <i>N</i> =58	High adherence <i>N</i> =77	<i>P</i> value	<i>N</i>
Hydragram®, %	73.8 (2.74)	73.9 (3.04)	0.537	135
Nutrigram®, mg/24h/m	684 (184)	660 (184)	0.369	135
Muscle mass quality				
RF-CSA, cm ²	3.29 (1.27)	3.09 (1.26)	0.252	134
RF-CIRC, cm	8.45 (1.20)	8.20 (1.51)	0.293	134
RF-X-axis, cm	3.65 (0.51)	3.52 (0.68)	0.225	135
RF-Y-axis, cm	1.05 (0.35)	0.99 (0.28)	0.307	135
L-SAT, cm	0.74 (0.49)	0.75 (0.43)	0.534	135
T-SAT, cm	1.24 (0.55)	1.38 (0.60)	0.247	105
S-SAT, cm	0.60 (0.31)	0.64 (0.32)	0.509	101
VAT, cm	0.38 (0.17)	0.37 (0.22)	0.546	63
Functional parameters				
Hand grip strength, kg	25.3 (10.9)	23.5 (8.73)	0.458	135
Up and Go, seg	7.01 (1.45)	7.94 (2.21)	0.007**	135

Data are expressed as mean $\pm$ standard deviations or percentage. Groups were divided according to the adherence to the nutritional supplement, being high adherent and low-adherent groups included in the study. A Shapiro-Wilks test was performed to decide between normal or non-normal. Asterisk indicates significant differences between groups according to the T-test or Mann Whitney test according to the normality of the variables and Chi squared test was used for variables expressed as percentage (*** p <0.001, ** p <0.01, * p <0.05). **Abbreviations:** BCM: Body cell mass; BCMI: BCM index; BMI: Body mass index; BIVA: Bioelectrical Impedance Vectorial Analysis; FM: Fat mass; FMI: FM index; FFMI: Fat-free mass index; PA: Phase angle; RF-CIR: circumference of quadriceps rectus femoris; RF-CSA: rectus femoris cross-sectional area; SAT: subcutaneous adipose fat of leg (L), superficial (S) and total (T) abdominal; SMI: Skeletal muscle index; SPA: Standardized phase angle.