Supplemental Digital Content Table 1. Baseline Visit Comparison.

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| Characteristic | HC Baseline | VLC Baseline | p-value |
| Body Weight (kg) | 69.3 ± 15.2 | 69.2 ± 15.1 | .565 |
| LST (kg) | 47.4 ± 12.1 | 47.3 ± 12.1 | .420 |
| FM (kg) | 18.2 ± 5.7 | 18.2 ± 5.4 | .713 |
| DXA Body Fat % | 27.0 ± 6.7 | 27.0 ± 6.6 | .938 |
| Total Body Water (kg) | 37.5 ± 8.1 | 37.4 ± 8.1 | .233 |

Characteristics of two baseline visits compared via dependent samples t-test. Data presented as mean ± SD. DXA: dual-energy x-ray absorptiometry; FM: fat mass; HC: high-carbohydrate; LST: lean soft tissue; VLC: very low-carbohydrate.