**Supplemental Digital Content 1. Eligibility criteria**

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| Inclusion criteria | Exclusion criteria |
| * Adults ≥18 years old; female subjects of childbearing potential with negative pregnancy test and using an acceptable contraceptive method during the study period and for 30 days following last product administration
* Subjects who were not participating in a diet/lifestyle intervention or body weight-altering regimen
* Historical liver biopsy obtained up to 6 months prior to screening with nonalcoholic fatty liver disease (NAFLD) score (NAS) ≥4 with a score of ≥1 in each of the NAS components: steatosis, ballooning degeneration, and lobular inflammation; and fibrosis stage of F2 or F3 only
* Nonalcoholic steatohepatitis (NASH) treatment, medications that could cause NASH, or other investigational products for the treatment of NASH could not be received within 3 months prior to the liver biopsy or each of the following was confirmed at screening: fasting aspartate aminotransferase >20 IU/L and FibroScan® with controlled-attenuation parameter ≥320 dB/m and kPa ≥8.0
* Diagnosis of Type 2 diabetes (T2D), dyslipidemia, hypertension, hypothyroidism, and/or impaired glucose tolerance permitted but well-controlled on a stable regimen with no anticipated significant alterations. Doses of certain medications could be modified during the study to tolerability/safety issues
* Vitamins and/or other dietary/herbal supplements were permitted as long as not on the list of prohibited medications; stable doses and regimens for at least 2 months prior to and during screening; no dose adjustments or changes were anticipated
* Corrected T1 (cT1) ≥830 msec and proton density fat fraction (MRI-PDFF) ≥10% using Liver MultiScan® magnetic resonance imaging acquisition protocols
 | * Current or history of significant alcohol consumption (>30 g/day males; >20 g /day females and/or investigator inability to reliably quantify alcohol consumption
* History or presence of liver disease (other than NAFLD/NASH) or planned liver transplant or current model for end-stage liver disease score >12
* History of human immunodeficiency virus, hepatitis B or C virus, or drug-induced liver injury/disease at screening
* History or presence of cirrhosis on historical liver biopsy (ie, F4 fibrosis stage) and/or history or presence of hepatic decompensation and/or ≥1 of the following: platelet count <140,000 µL, serum albumin <3.5 g/dL, International normalized ratio >1.3, total bilirubin >2.0 mg/dL
* History of inborn errors of metabolism and/or genetic deficiencies that impact amino acid metabolism
* Screening alanine aminotransferase (ALT) or AST ≥4 × upper limit of normal (ULN) or total bilirubin ≥2 mg/dL (unless history of Gilbert’s syndrome)
* Diabetes other than T2D
* Uncontrolled T2D: hemoglobin A1c (HbA1c) >9.5%, requiring >10% insulin dose adjustments within 2 months of screening, requiring complex oral antidiabetic drug regimen (≥3 agents), or history of severe hypoglycemia on antidiabetic regimen
* Subjects maintained on thiazolidinediones and/or glucagon-like peptide 1 analogs (GLP-1)/GLP-1 receptor agonists, and or prandial insulins
* Uncontrolled hypertension (systolic blood pressure >160 mmHg and/or diastolic >100 mmHg) or malignant hypertension
* Uncontrolled lipids (eg, triglycerides >500 mg/dL and or low-density lipoprotein >200 mg/dL)
* Impaired renal function ie, glomerular filtration rate ≤60 mL/min/1.73 m2
* History of clinically significant cardiovascular event within 6 months prior to screening
* History of clinically significant diseases of the gastrointestinal tract
* Known sensitivity and/or history of clinically significant foot intolerance/allergies to proteins or any ingredient in the study product formulation
* History or presence of clinically significant pulmonary, rheumatological diseases unless on stable medication
* Active uncontrolled psychiatric disorder
* Prior history of or planned bariatric surgery except for weight loss device removed >12 months prior to screening
* Use within 2 months of systemic glucocorticoids, methotrexate, amiodarone, tamoxifen, tetracyclines, high-dose estrogens, anabolic steroids, valproic acid, obeticholic acid, ursodeoxycholic acid, thiazolidinediones, GLP-1 analogues/receptor agonists, prandial insulins, anti-obesity compounds, or other known hepatotoxin
* Current or planned use of dietary supplement through the end of the study
* Currently on or planning to be on any extreme or unbalanced diet that resulted in body weight fluctuations (>5% gain or loss) in the preceding 3 months prior to screening. This was reliant on oral patient history
* Pregnancy, breast feeding, postpartum within 6 months or plans for pregnancy during the study; male subjects with female partners of child-bearing potential unwilling or unable to adhere to contraception
* Active substance use within 3 months prior to or during screening
* History of malignancy within 3 years, serious medical condition with life expectancy <2 years, received an investigational drug within 1 month or 5 half-lives
* Contraindication to magnetic resonance imaging scan
* Condition, in opinion of the investigator, renders the subject a compliance risk, compromises well-being, or hinders study completion
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