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| **Supplemental Digital Content 1.** DAILY NUTRIENT INTAKES OF THE PARTICIPANTS |
| 　 | *BRE (*n *= 46)* | *Placebo (*n *= 40)* | *Pb* |
| *0 week* | *12 week* | *Change*(*12wk-0wk*) | *Pa* | *0 week* | *12 week* | *Change*(*12wk-0wk*) | *Pa* |
| Total food intake (g) | 1408.92 ± 447.43 | 1395.22 ± 568.23 | -13.7 ± 681.66 | 0.9 | 1354.70 ± 570.79 | 1375.75 ± 461.65 | 21.01 ± 658.25 | 0.8 | 0.8 |
| Total energy (kcal) | 1618.13 ± 505.93 | 1590.07 ± 590.36 | -28.06 ± 744.69 | 0.8 | 1657.74 ± 501.87 | 1536.82 ± 439.47 | -120.84 ± 608.78 | 0.2 | 0.5 |
| Carbohydrate (g) | 244.75 ± 78.06 | 232.75 ± 74.49 | -12 ± 79.9 | 0.3 | 229.93 ± 72.74 | 222.48 ± 61.18 | -7.42 ± 67.68 | 0.5 | 0.8 |
| Fat (g) | 44.42 ± 23.37 | 46.65 ± 33.17 | 2.23 ± 41.27 | 0.7 | 51.08 ± 27.53 | 46.32 ± 24.32 | -4.81 ± 32.79 | 0.4 | 0.4 |
| Protein (g) | 64.24 ± 21.49 | 68.52 ± 38.68 | 4.27 ± 46.29 | 0.5 | 67.74 ± 24.65 | 64.27 ± 24.85 | -3.53 ± 36.03 | 0.6 | 0.4 |
| Dietary fiber (g) | 25.24 ± 9.65 | 21.64 ± 10.04 | -3.6 ± 11.1 | 0.03 | 22.82 ± 10.80 | 20.59 ± 9.67 | -2.23 ± 12.48 | 0.3 | 0.6 |
| Calcium (mg) | 519.12 ± 252.24 | 552.02 ± 303.35 | 32.9 ± 367.85 | 0.5 | 559.26 ± 356.68 | 527.27 ± 273.50 | -32.07 ± 426.04 | 0.6 | 0.5 |
| Sodium (mg) | 4109.65 ± 1899.08 | 4129.24 ± 2461.61 | 19.59 ± 2714.04 | 1.0 | 4091.98 ± 2116.06 | 3750.44 ± 2670.86 | -341.44 ± 3166.13 | 0.5 | 0.6 |
| Potassium (mg) | 3110.46 ± 1024.74 | 3030.67 ± 1224.82 | -79.79 ± 1337.86 | 0.7 | 2794.67 ± 1189.73 | 2992.20 ± 1561.02 | 197.48 ± 1753.61 | 0.5 | 0.4 |
| Value are presented as mean ±SD |
| *a*Compared within groups: *P* value by paired t-test |
| *b*Compared between groups: *P* value by student t-test  |
| BRE, black rice extract  |