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| **Supplemental Digital Content 2.** EFFECTS OF 12-WEEK CONSUMPTION OF BRE ON BODY COMPOSITION BY BIA AND ON ANTHROPOMETRIC MEASURES | | | | | | | | | |
|  | *BRE (*n *= 46)* | | | | *Placebo (*n *= 40)* | | | | *Pb* |
| *0 week* | *12 week* | *Change*  (*12wk-0wk*) | *Pa* | *0 week* | *12 week* | *Change*  (*12wk-0wk*) | *Pa* |
| Fat mass (kg) | 26.93 ± 6.04 | 25.77 ± 6.09 | -1.16 ± 1.53 | < 0.001 | 26.59 ± 5.47 | 26.02 ± 5.07 | -0.56 ± 1.57 | 0.04 | 0.1 |
| Fat free mass (kg) | 40.8 ± 4.72 | 41.02 ± 5.01 | 0.21 ± 1.51 | 0.4 | 41.76 ± 3.93 | 41.34 ± 3.86 | -0.42 ± 1.54 | 0.1 | 0.1 |
| Body fat percentage (%) | 39.45 ± 3.78 | 38.22 ± 3.94 | -1.22 ± 1.92 | 0.04 | 38.66 ± 4.61 | 38.41 ± 4.21 | -0.25 ± 2.08 | 0.5 | 0.05 |
| Height | 155.86 ± 5.49 | 156.06 ± 5.57 | 0.19 ± 0.85 | 0.1 | 155.27 ± 4.16 | 155.29 ± 4.28 | 0.00 ± 0.50 | 1.0 | 0.2 |
| Weight | 68.73 ± 9.91 | 67.90 ± 10.32 | -0.85 ± 1.67 | < 0.001 | 68.34 ± 7.58 | 67.48 ± 7.23 | -0.88 ± 1.77 | 0.007 | 0.9 |
| BMI | 28.15 ± 3.07 | 27.96 ± 2.67 | -0.36 ± 0.79 | < 0.001 | 27.77 ± 3.00 | 27.96 ± 2.67 | -0.36 ± 0.77 | 0.007 | 1.0 |
| Mid-arm circumference | 31.06 ± 2.91 | 29.81 ± 2.90 | -1.35 ± 2.90 | < 0.001 | 31.26 ± 2.80 | 30.06 ± 2.36 | -1.24 ± 2.25 | < 0.003 | 0.8 |
| Waist circumference | 90.85 ± 8.04 | 88.34 ± 7.49 | -2.52 ± 3.87 | < 0.001 | 91.63 ± 6.56 | 89.24 ± 6.81 | -2.41 ± 5.49 | 0.01 | 0.8 |
| Hip circumference | 101.48 ± 6.12 | 100.87 ± 6.62 | -0.63 ± 2.84 | 0.09 | 102.46 ± 5.91 | 100.53 ± 5.14 | -1.95 ± 2.70 | < 0.001 | 0.06 |
| Waist-to-hip ratio | 0.90 ± 0.05 | 0.88 ± 0.05 | -0.02 ± 0.04 | < 0.001 | 0.89 ± 0.04 | 0.89 ± 0.05 | -0.01 ± 0.05 | 0.4 | 0.2 |
| Values are presented as mean ± SD | | | | | | | | | |
| *a*Compared within groups: *P* value by paired t-test | | | | | | | | | |
| *b*Compared between groups: *P* value by RM-ANOVA | | | | | | | | | |
| BRE, black rice extract; BIA, bioelectric impedance analysis; BMI, body mass index | | | | | | | | | |