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| **Supplemental Digital Content 3.** EFFECTS OF 12-WEEK CONSUMPTION OF BRE ON BODY FAT, WEIGHT, BMI, AND ABDOMINAL FAT AREAS (ITT GROUP)  |
| 　 | *BRE (*n *= 53)* | *Placebo (*n *= 52)* | *Pb* |
| *0 week* | *12 week* | *Change* (*12wk-0wk*) | *Pa* | *0 week* | *12 week* | *Change*(*12wk-0wk*) | *Pa* |
| DXA measurement  |
| Trunk fat (kg) | 15.6 ± 3.63 | 15.52 ± 3.74 | -0.08 ± 0.80 | 0.5 | 15.02 ± 2.78 | 14.79 ± 2.61 | -0.24 ± 1.12 | 0.1 | 0.4 |
| Leg fat (kg) | 7.80 ± 2.03 | 7.76 ± 2.04 | -0.04 ± 0.36 | 0.5 | 7.52 ± 1.59 | 7.47 ± 1.57 | -0.06 ± 0.33 | 0.2 | 0.8 |
| Arm fat (kg) | 3.15 ± 0.76 | 3.16 ± 0.77 | 0.01 ± 0.18 | 0.7 | 3.13 ± 0.54 | 3.11 ± 0.53 | -0.02 ± 0.19 | 0.4 | 0.4 |
| Total fat mass (kg) | 27.50 ± 5.83 | 27.39 ± 6.01 | -0.11 ± 1.21 | 0.5 | 26.63 ± 4.37 | 26.31 ± 4.11 | -0.32 ± 1.53 | 0.1 | 0.4 |
| Totalbody fat (%) | 39.98 ± 3.84 | 40.23 ± 3.87 | 0.00 ± 0.00 | 0.2 | 39.46 ± 3.6 | 39.42 ± 3.57 | 0.00 ± 0.00 | 0.8 | 0.3 |
| Trunk body fat (%) | 43.91 ± 4.5 | 44.36 ± 4.51 | 0.00 ± 0.00 | 0.08 | 43.17 ± 4.15 | 43.44 ± 4.09 | 0.00 ± 0.00 | 0.3 | 0.6 |
| Weight (kg) | 68.09 ± 10.06 | 68.68 ± 10.05 | -0.81 ± 1.67 | 0.001 | 67.25 ± 7.00 | 66.31 ± 6.6 | -0.95 ± 2.18 | 0.003 | 0.7 |
| BMI | 27.68 ± 2.95 | 27.34 ± 3.04 | -0.35 ± 0.7 | 0.001 | 27.22 ± 4.56 | 26.81 ± 4.43 | -0.42 ± 0.92 | 0.002 | 0.7 |
| CT measurement |
| Total Abdominal  area (cm2) | 35587 ± 9500 | 34845 ± 8627 | -742.1 ± 4583.97 | 0.3 | 35428 ± 7630 | 34963 ± 7066 | -465.59 ± 3256.68 | 0.3 | 0.7 |
| Subcutaneous fat area (cm2) | 25245 ± 7698 | 25172 ± 7073 | -72.61 ± 3432.1 | 0.9 | 25751 ± 6698 | 25427 ± 6219 | -324.08 ± 2181.9 | 0.3 | 0.7 |
| Visceral fat area (cm2) | 10342 ± 3703 | 9672 ± 3446 | -669.49 ± 1723.21 | 0.009 | 9677 ± 2948 | 9536 ± 2944 | -141.51 ± 1982.49 | 0.6 | 0.2 |
| Visceral/Total (%) | 29.28 ± 7.44 | 27.71 ± 7.46 | -1.46 ± 3.3 | 0.003 | 27.83 ± 7.45 | 27.53 ± 7.7 | -0.17 ± 3.88 | 0.8 | 0.08 |
| Visceral/Subcutaneous (%) | 43.14 ± 17.18 | 40.09 ± 15.32 | -3.05 ± 7.44 | 0.006 | 39.90 ± 15.63 | 39.67 ± 16.26 | -0.23 ± 8.27 | 0.8 | 0.08 |
| Values are presented as mean ± SD or percent’s*a*Compared within groups: *P* value by paired t-test*b*Compared between groups: *P* value by RM-ANOVABRE, black rice extract; BMI, body mass index; ITT, intention-to-treat; DXA, dual-energy x-ray absorptiometry; CT, computed tomography |