

Appendix 1

Ingredients of the placebo pill	Ingredients of the intervention pill
Calciumphosphate E341	Calciumphosphate E341
Microcrystalline cellulose E460	Microcrystalline cellulose E460
Hydroxypropyl methylcellulose E464	Hydroxypropyl methylcellulose E464
Cross-linked sodium carboxymethylcellulose E468	Cross-linked sodium carboxymethylcellulose E468
Magnesium salts of fatty acids E470b	Magnesium salts of fatty acids E470b
Acacia gum E414	Acacia gum E414
Polyfructose	Polyfructose
Talc E553b	Talc E553b
Titanium dioxide E171	Titanium dioxide E171
Fatty acids E570	Fatty acids E570
Carnauba wax E903	Carnauba wax E903
	Vitamin K2
	Vitamin D3