

Supplemental Table 1. Nutrient intake of the β -glucan and placebo groups¹⁾

	β -glucan (n = 40)		Placebo (n = 37)	
	Baseline	Week 8	Baseline	Week 8
Energy (kcal)	2,015.9 \pm 637.7	1,976.5 \pm 498.0	1,800.8 \pm 513.1	1,766.7 \pm 625.5
Carbohydrate (g)	291.21 \pm 79.95 ²⁾	267.67 \pm 70.68	255.33 \pm 70.85 ²⁾	243.10 \pm 84.88
Lipid (g)	61.35 \pm 32.44	63.65 \pm 30.71	57.68 \pm 25.94	56.47 \pm 28.13
Protein (g)	77.98 \pm 31.80	78.99 \pm 23.47	69.12 \pm 24.30	72.52 \pm 30.85
Fiber (g)	22.82 \pm 10.36	23.21 \pm 9.54	19.46 \pm 7.29	17.66 \pm 6.55
Vitamin A (μ g RE)	1,110.7 \pm 973.8	995.5 \pm 644.0	802.3 \pm 392.7	724.7 \pm 380.0
Vitamin D (μ g)	3.15 \pm 3.98	3.64 \pm 5.05	4.13 \pm 5.17	4.81 \pm 8.93
Vitamin E (mg)	20.51 \pm 10.97	19.98 \pm 10.12	18.18 \pm 7.84	16.95 \pm 9.55
Vitamin K (μ g)	256.03 \pm 238.56	272.83 \pm 245.91	209.83 \pm 184.34	152.33 \pm 116.46
Vitamin C (mg)	139.73 \pm 211.51	134.08 \pm 114.86	82.19 \pm 38.52	75.52 \pm 47.61
Thiamin (mg)	1.52 \pm 0.64	1.58 \pm 0.58	1.28 \pm 0.60	1.20 \pm 0.59
Riboflavin (mg)	1.41 \pm 0.71	1.48 \pm 0.51	1.26 \pm 0.44	1.19 \pm 0.52
Niacin (mg)	18.14 \pm 6.58	18.35 \pm 5.68	15.44 \pm 6.05	16.10 \pm 7.97
Vitamin B ₆ (mg)	1.71 \pm 0.74	1.75 \pm 0.75	1.42 \pm 0.55	1.43 \pm 0.64
Folate (μ g)	531.72 \pm 260.18	547.73 \pm 254.69	466.25 \pm 207.52	416.93 \pm 174.12
Vitamin B ₁₂ (μ g)	7.82 \pm 6.68	7.41 \pm 6.21	7.22 \pm 6.33	6.62 \pm 5.55
Pantothenic acid (mg)	5.23 \pm 1.95	4.91 \pm 1.74	4.47 \pm 1.44	4.44 \pm 1.59
Biotin (μ g)	20.33 \pm 13.16	20.58 \pm 14.66	18.04 \pm 10.40	17.58 \pm 9.40
Calcium (mg)	490.82 \pm 254.80	518.93 \pm 296.79	523.90 \pm 286.39	489.70 \pm 279.00
Phosphorus (mg)	1,121.5 \pm 455.3	1,117.0 \pm 366.8	1,012.4 \pm 351.0	990.3 \pm 396.6
Sodium (mg)	4,619.3 \pm 2,432.6	4,979.1 \pm 1,820.1	4,434.1 \pm 1,898.4	4,395.0 \pm 1,935.4
Chlorine (mg)	420.9 \pm 515.9	676.2 \pm 1,357.9	648.0 \pm 1,257.9	343.6 \pm 347.5
Potassium (mg)	3,017.2 \pm 1,199.3	3,029.9 \pm 1,217.7	2,642.4 \pm 829.8	2,488.5 \pm 956.2
Magnesium (mg)	89.58 \pm 51.72	94.53 \pm 55.30	74.50 \pm 47.63	71.92 \pm 37.05
Iron (mg)	15.84 \pm 6.27	15.57 \pm 5.81	13.82 \pm 5.10	14.71 \pm 7.21
Zinc (mg)	11.09 \pm 4.40	11.26 \pm 4.08	9.76 \pm 3.84	9.61 \pm 3.93
Copper (mg)	1.38 \pm 0.70	1.10 \pm 0.58	1.16 \pm 0.50	1.15 \pm 0.56
Manganese (mg)	3.92 \pm 1.43	3.68 \pm 1.76	3.39 \pm 1.15	3.14 \pm 1.10
Selenium (μ g)	100.07 \pm 39.94	96.37 \pm 40.29	89.08 \pm 39.36	93.56 \pm 37.86
Cholesterol (mg)	377.67 \pm 259.76	345.22 \pm 223.52	358.89 \pm 233.15	356.84 \pm 210.72

¹⁾ Values are means \pm SDs.²⁾ *P*-values < 0,05 for differences between the β -glucan and placebo groups at baseline were determined using an independent t-test.