

Time	Body-weight decrease (%)	Energy-intake decrease (%)
1 week	0.7	16
2 weeks	1.0	16
1 months	1.8	16
3 months	4.2	16
6 months	6.8	15
12 months	10	14

Supplementary Table 1. Predicted decrease in BW and EI (mean over the time period) when targeting 10% BW decrease in one year (reported values are the medians from the 14 considered clinical studies). Analysis is based on placebo-corrected BW data.