

Supplementary table 1 Measures of lung function, functional measures and muscle strength in follow up (3 and 12 months).

	ONS				Snacks			
	n	Baseline	3 months	12 months	n	Baseline	3 months	12 months
Lung function								
FEV ₁ (%)	14	36.3 (14.0)	39.0 (12.6)	36.6 (14.9)	12	39.9 (8.1)	41.8 (6.1)	37.3 (6.9)
FVC (%)	14	63.3 (12.7)	73.4 (16.3) ¹	66.7 (13.2)	12	69.3 (23.0)	71.3 (18.4)	68.2 (15.2)
Functional measures and muscle strength								
6 MWD (m)	13	236 (132)	266 (157)	258 (173)	9	212 (88)	257 (119)	259 (112)
TUG (sec)	15	15.4 (7.7)	12.9 (5.7) ¹	13.8 (7.4)	11	14.3 (3.9)	12.5 (3.0) ¹	13.7 (5.8)
30sec chair stand (n)	15	4.2 (4.3)	5.5 (5.4)	5.4 (5.0)	12	5.7 (3.3)	5.8 (2.9)	6.0 (2.5)
HGS (kg)	16	15.0 (9.0)	15.4 (10.2)	12.4 (9.2)	13	14.3 (6.9)	13.6 (5.8)	13.9 (5.6)

Intention-to-treat analysis. Data shown as mean (SD). ONS, oral nutritional supplements. FEV₁, forced expiratory volume in 1 s. FVC, forced vital capacity. 6MWD, six minute walking distance. TUG, time up and go. HGS, hand grip strength.

¹ Significantly different from baseline, p<0.05.