Weight

P = 0.0001
P <0.0001

Body Weight (kg)

120
110
100
90
80
70
60
50
40

N = 40

-1.31 kg
-1.79%

-1.56 kg
-2.12%

Baseline   6 Weeks   12 Weeks

Uncorrected Fisher's LSD	Mean Diff.	95.00% CI of diff.	Significant?	Summary	Individual P Value
Baseline vs. 6 Weeks	1.313	0.8257 to 1.799	Yes	****	<0.0001
Baseline vs. 12 Weeks	1.550	0.8081 to 2.292	Yes	***	0.0001

	Baseline	6 Weeks	12 Weeks
Mean	73.21	71.90	71.66
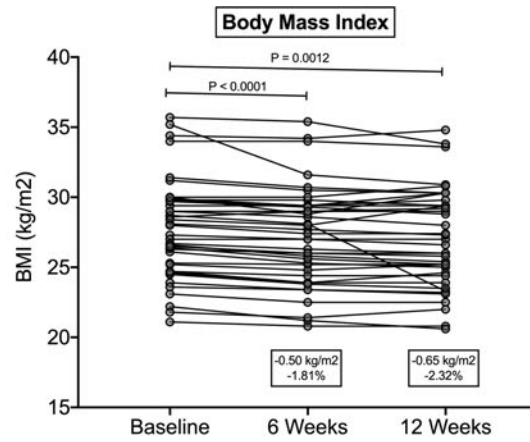
Body Mass Index

P = 0.0012
P < 0.0001

BMI (kg/m2)

40
35
30
25
20
15

-0.50 kg/m2
-1.81%

-0.65 kg/m2
-2.32%

Baseline   6 Weeks   12 Weeks

Uncorrected Fisher's LSD	Mean Diff.	95.00% CI of diff.	Significant?	Summary	Individual P Value
Baseline vs. 6 Weeks	0.4975	0.3071 to 0.6879	Yes	****	<0.0001
Baseline vs. 12 Weeks	0.6450	0.2723 to 1.018	Yes	**	0.0012

	Baseline	6 Weeks	12 Weeks
Mean	27.70	27.20	27.05
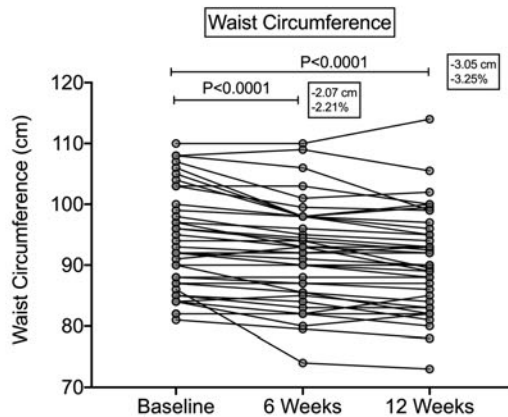
Waist Circumference

P<0.0001
P<0.0001

-3.05 cm
-3.25%

-2.07 cm
-2.21%

Waist Circumference (cm)

120
110
100
90
80
70

Baseline   6 Weeks   12 Weeks

Uncorrected Fisher's LSD	Mean Diff.	95.00% CI of diff.	Significant?	Summary	Individual P Value
Baseline vs. 6 Weeks	2.063	1.195 to 2.930	Yes	****	<0.0001
Baseline vs. 12 Weeks	3.050	2.103 to 3.997	Yes	****	<0.0001

	Baseline	6 Weeks	12 Weeks
Mean	105.0	103.5	103.1
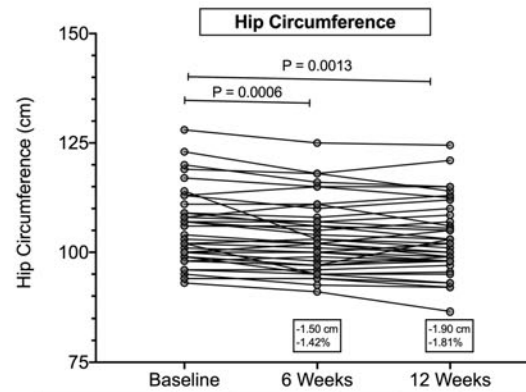
Hip Circumference

P = 0.0013
P = 0.0006

Hip Circumference (cm)

150
125
100
75

-1.50 cm
-1.42%

-1.90 cm
-1.81%

Baseline   6 Weeks   12 Weeks

Uncorrected Fisher's LSD	Mean Diff.	95.00% CI of diff.	Significant?	Summary	Individual P Value
Baseline vs. 6 Weeks	1.463	0.6713 to 2.254	Yes	***	0.0006
Baseline vs. 12 Weeks	1.900	0.7908 to 3.009	Yes	**	0.0013

	Baseline	6 Weeks	12 Weeks
Mean	105.0	103.5	103.1
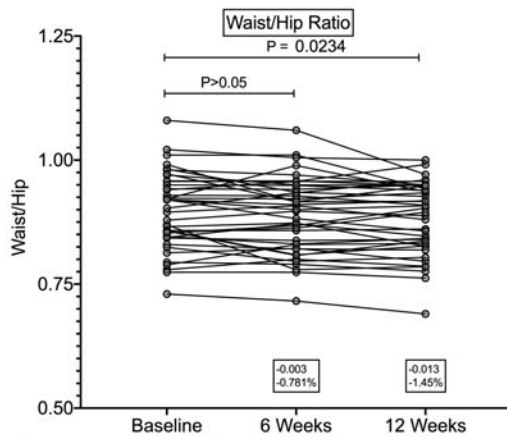
Waist/Hip Ratio

P = 0.0234
P>0.05

Waist/Hip

1.25
1.00
0.75
0.50

-0.003
-0.781%

-0.013
-1.45%

Baseline   6 Weeks   12 Weeks

Uncorrected Fisher's LSD	Mean Diff.	95.00% CI of diff.	Significant?	Summary	Individual P Value
Baseline vs. 6 Weeks	0.007575	-0.002085 to 0.01724	No	ns	0.1208
Baseline vs. 12 Weeks	0.01342	0.001919 to 0.02493	Yes	*	0.0234

	Baseline	6 Weeks	12 Weeks
Mean	0.896	0.889	0.883
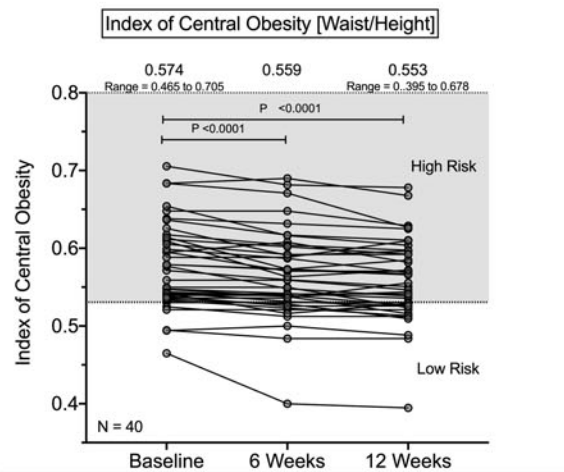
Index of Central Obesity [Waist/Height]

0.574   0.559   0.553
Range = 0.465 to 0.705   Range = 0.395 to 0.678

P <0.0001
P <0.0001

Index of Central Obesity

0.8
0.7
0.6
0.5
0.4

High Risk

Low Risk

N = 40

Baseline   6 Weeks   12 Weeks

Uncorrected Fisher's LSD	Mean Diff.	95.00% CI of diff.	Significant?	Summary	Individual P Value
Baseline vs. 6 Weeks	0.01246	0.007438 to 0.01748	Yes	****	<0.0001
Baseline vs. 12 Weeks	0.01874	0.01319 to 0.02429	Yes	****	<0.0001

	Baseline	6 Weeks	12 Weeks
Mean	0.577	0.565	0.559

Shaded areas represent normal, reference range

SUPPLEMENTARY FIG. S1. Individual subject anthropometric values at baseline and completion of weeks 6 and 12.