

Electronic Supplementary Material

ESM Table 1 Change in body weight estimated by linear mixed effects regression model predicting change in weight (kg) from visit 1 from visit, adjusting for weight at visit 1, age, sex, centre (Scotland or Tyneside), practice list size (≤ 5700 or >5700) and a random effect for patient.

Number of participants contributing to model = 139.

Week	All in intervention group		All continuing on TDR	
	Adjusted mean weight change (95 CI%)	<i>p</i> value	Adjusted mean weight change (95 CI%)	<i>p</i> value
1	-5.00 (-6.63, -3.37)	<0.0001	-5.17 (-6.44, -3.89)	<0.0001
3	-7.67 (-9.30, -6.04)	<0.0001	-7.84 (-9.11, -6.57)	<0.0001
5	-9.85 (-11.48, -8.22)	<0.0001	-10.02 (-11.28, -8.75)	<0.0001
7	-11.86 (-13.49, -10.23)	<0.0001	-12.01 (-13.28, -10.74)	<0.0001
9	-13.29 (-14.93, -11.66)	<0.0001	-13.53 (-14.81, -12.25)	<0.0001
11	-14.51 (-16.14, -12.87)	<0.0001	-14.91 (-16.20, -13.62)	<0.0001
13	-15.10 (-16.73, -13.46)	<0.0001	-15.43 (-16.76, -14.11)	<0.0001
15	-15.74 (-17.38, -14.11)	<0.0001	-15.96 (-17.31, -14.61)	<0.0001
17	-15.98 (-17.62, -14.34)	<0.0001	-15.80 (-17.21, -14.40)	<0.0001
19	-15.86 (-17.49, -14.22)	<0.0001	-15.47 (-17.07, -13.86)	<0.0001
20	-15.73 (-17.37, -14.09)	<0.0001	-13.31 (-16.02, -10.59)	<0.0001

ESM Table 2: Mean changes in BP (mmHg) while continuing in TDR for all participants, those with no history of hypertension, all who discontinued antihypertensive medications and those who discontinued 1 and \geq 2 antihypertensive medications (Data expressed as mean and \pm SD)

Mean Changes in BP from TDR visit 1 (week 0)									
Week of TDR		All participants (n=143 at week 0)	p value	Discontinued antihypertensive medications at start of TDR (n=69 at week 0)		Discontinued 1 drug at start of TDR (n=33 at week 0)		Discontinued \geq 2 drugs at start of TDR (n=36 at week 0)	
					p value		p value		p value
1	SBP	-3.64 \pm 14.17	0.003	0.45 \pm 14.37	0.796	-1.70 \pm 15.43	0.532	2.42 \pm 13.23	0.281
	DBP	-0.88 \pm 8.73	0.240	0.16 \pm 8.81	0.881	-0.91 \pm 9.72	0.595	1.14 \pm 7.89	0.392
3	SBP	-6.54 \pm 14.29	<0.0001	-2.40 \pm 13.93	0.163	-4.18 \pm 15.56	0.133	-0.68 \pm 12.11	0.747
	DBP	-1.99 \pm 8.71	0.009	-0.85 \pm 9.07	0.445	0.00 \pm 9.65	1.000	-1.68 \pm 8.52	0.259
5	SBP	-5.96 \pm 16.73	<0.0001	0.36 \pm 17.60	0.865	-2.85 \pm 14.74	0.275	3.31 \pm 19.60	0.319
	DBP	-1.92 \pm 9.12	0.016	-0.29 \pm 10.16	0.813	-2.45 \pm 9.63	0.153	1.69 \pm 10.36	0.333
7	SBP	-7.02 \pm 16.07	<0.0001	-2.12 \pm 15.61	0.267	-4.78 \pm 16.28	0.107	0.25 \pm 14.82	0.920
	DBP	-2.97 \pm 9.67	0.001	-1.82 \pm 9.08	0.102	-3.38 \pm 10.15	0.069	-0.44 \pm 7.90	0.738
9	SBP	-9.38 \pm 15.83	<0.0001	-4.58 \pm 15.93	0.025	-6.34 \pm 14.77	0.021	-2.81 \pm 17.06	0.358
	DBP	-4.43 \pm 9.74	<0.0001	-2.52 \pm 9.50	0.038	-3.31 \pm 10.30	0.079	-1.72 \pm 8.72	0.273
11	SBP	-10.41 \pm 17.53	<0.0001	-6.54 \pm 17.69	0.007	-7.67 \pm 16.07	0.014	-5.30 \pm 19.57	0.171
	DBP	-4.52 \pm 10.26	<0.0001	-2.84 \pm 10.62	0.048	-3.07 \pm 10.54	0.122	-2.59 \pm 10.90	0.227
13	SBP	-7.14 \pm 17.82	0.0004	-5.35 \pm 20.21	0.079	-7.58 \pm 16.50	0.034	-2.91 \pm 23.77	0.572
	DBP	-2.56 \pm 10.03	0.021	-1.37 \pm 9.92	0.354	-1.67 \pm 10.88	0.461	-1.05 \pm 9.00	0.592

Mean Changes in BP from TDR visit 1 (week 0)

Week of TDR		All participants (n=143 at week 0)	p value	Discontinued antihypertensive medications at start of TDR	p value	Discontinued 1 drug at start of TDR	p value	Discontinued ≥ 2 drugs at start of TDR	p value
				(n=69 at week 0)		(n=33 at week 0)		(n=36 at week 0)	
15	SBP	-8.93 ±18.96	0.0002	-6.74 ±17.76	0.023	-4.40 ±16.01	0.234	-9.21 ±19.56	0.055
	DBP	-2.06 ±11.52	0.143	-0.54 ±11.79	0.777	0.85 ±12.84	0.770	-2.00 ±10.72	0.427
17	SBP	-11.42 ±15.41	<0.0001	-11.11 ±16.46	0.001	-11.07 ±16.36	0.020	-11.15 ±17.24	0.038
	DBP	-4.25 ±12.05	0.018	-5.64 ±12.82	0.028	-2.80 ±14.31	0.461	-8.92 ±10.46	0.010
19	SBP	-13.00 ±17.29	0.002	-8.83 ±20.42	0.162	-9.43 ±17.94	0.214	-8.00 ±25.73	0.525
	DBP	-4.50 ±11.61	0.083	-6.33 ±12.01	0.095	-3.57 ±13.66	0.515	-10.20 ±9.20	0.068
20	SBP	-10.25 ±9.78	0.127	-10.67 ±11.93	0.262	-10.67 ±11.93	0.262	n/a	n/a
	DBP	-2.00 ±7.53	0.632	-4.00 ±7.81	0.469	-4.00 ±7.81	0.469	n/a	n/a

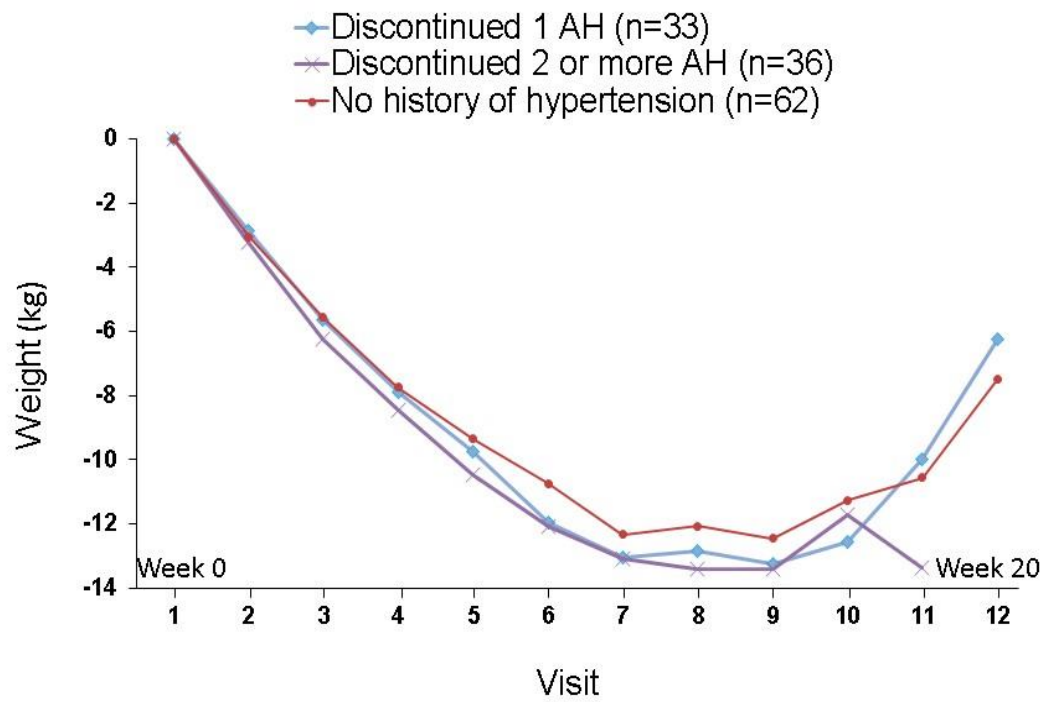
ESM Table 3 Mean changes in BP during TDR for participants with no history of hypertension. TDR baseline BP (visit 1, week 0) was 134.6 (15.5) mmHg SBP, 82.1 (8.3) mmHg DBP (Data expressed as mean and \pm SD change from TDR baseline, week 0)

Week of TDR (n)		No history of hypertension (n=62 at week 0)	p value
1 (59)	SBP	-7.37 \pm 12.86	<0.0001
	DBP	-1.17 \pm 7.81	0.255
3 (58)	SBP	-10.71 \pm 13.30	<0.0001
	DBP	-2.83 \pm 8.66	0.016
5 (55)	SBP	-13.20 \pm 12.54	<0.0001
	DBP	-3.29 (\pm 7.86)	0.003
7 (55)	SBP	-11.71 \pm 13.23	<0.0001
	DBP	-3.75 \pm 10.42	0.010
9 (51)	SBP	-14.39 \pm 12.70	<0.0001
	DBP	-6.06 \pm 9.95	<0.0001
11 (43)	SBP	-14.05 \pm 17.13	<0.0001
	DBP	-5.58 \pm 9.44	<0.0001
13 (36)	SBP	-8.78 \pm 14.91	0.001
	DBP	-3.53 \pm 10.28	0.047
15 (27)	SBP	-10.44 \pm 19.84	0.011
	DBP	-3.00 \pm 11.08	0.171
17 (18)	SBP	-11.50 \pm 14.08	0.003
	DBP	-0.89 \pm 10.43	0.722
19 (10)	SBP	-18.00 \pm 11.70	0.001
	DBP	-2.30 \pm 11.32	0.537
20 (0)	SBP	n/a	n/a
	DBP	n/a	n/a

ESM Table 4: Changes in blood pressure for those who restarted antihypertensive medication due to increases in blood pressure while continuing in TDR and those who did not restart antihypertensive medications during TDR
(Data expressed as mean \pm SD)

Mean changes in BP (mm/Hg) from TDR visit 1 (week 0)

Week of TDR		Restarted antihypertensive medication while continuing in TDR (n=19 at week 0)	p value	Did not restart antihypertensive medication while continuing in TDR (n=23 at week 0)	p value
1	SBP	4.58 \pm 13.31	0.15	-2.22 \pm 12.78	0.41
	DBP	1.05 \pm 5.49	0.41	-0.96 \pm 9.12	0.62
3	SBP	5.16 \pm 12.92	0.10	-6.73 \pm 13.54	0.03
	DBP	2.32 \pm 7.80	0.21	-0.95 \pm 7.82	0.57
5	SBP	7.37 \pm 20.70	0.14	-3.30 \pm 13.71	0.26
	DBP	2.79 \pm 12.39	0.34	-3.70 \pm 10.22	0.10
7	SBP	2.42 \pm 15.98	0.52	-2.50 \pm 13.56	0.40
	DBP	-0.05 \pm 8.34	0.98	-3.68 \pm 9.76	0.09
9	SBP	-2.67 \pm 19.92	0.58	-5.81 \pm 12.51	0.05
	DBP	-2.00 \pm 9.99	0.41	-3.86 \pm 9.80	0.09
11	SBP	-3.63 \pm 19.26	0.46	-7.05 \pm 15.26	0.05
	DBP	-2.75 \pm 11.90	0.37	-3.68 \pm 11.37	0.17
13	SBP	-0.57 \pm 23.45	0.93	-7.43 \pm 13.32	0.06
	DBP	-1.36 \pm 10.32	0.63	-1.21 \pm 10.84	0.68
15	SBP	-4.42 \pm 21.92	0.50	-1.46 \pm 11.31	0.65
	DBP	-1.33 \pm 12.87	0.73	-1.23 \pm 14.41	0.76
17	SBP	-11.10 \pm 17.32	0.07	-10.67 \pm 13.36	0.04
	DBP	-8.00 \pm 13.25	0.09	-4.78 \pm 13.90	0.33
19	SBP	-5.80 \pm 25.77	0.64	-15.67 \pm 9.29	0.10
	DBP	-9.20 \pm 10.50	0.12	-9.33 \pm 1.15	0.01
20	SBP	n/a		n/a	
	DBP	n/a		n/a	



ESM Fig 1: Mean changes in body weight (kg) from TDR visit 1 (week 0) in participants with no history of hypertension and those who discontinued 1 & ≥ 2 antihypertensive medications while continuing in TDR. (Number decline as participants move to the Food Reintroduction phase or withdraw)