

Supplemental Material

Supplemental Table 1. The per protocol analysis of the effects of oral energy supplements on nutritional status.

Supplemental Table 2. Effects of the 12-week energy supplementation on other laboratory markers.

Supplemental Table 1. The per protocol analysis of the effects of oral energy supplements on nutritional status.

Variables, change ^a	Control 112	Intervention 98	Group difference mean (95%CI)	<i>P</i> ^b
Phase angle, mean ± SD, °	0 ± 0.5	0 ± 0.6	0 (-0.1 , 0.2)	0.64
BMI, mean ± SD, kg/m ²	0 ± 0.5	0.2 ± 0.5	0.2 (0.1 , 0.3)	0.003
Handgrip strength, mean ± SD, kg	0.2 ± 5.3	0.8 ± 5.9	0.6 (-0.9 , 2.2)	0.42
Mid-arm muscle circumference, mean ± SD, cm	0.1 ± 1	0.2 ± 1.1	0.1 (-0.2 , 0.4)	0.25
Albumin, mean ± SD, g/dL	-0.1 ± 0.3	0.1 ± 0.3	0.1 (0 , 0.2)	0.002
Prealbumin, mean ± SD, mg/dL	-0.8 ± 8.1	0 ± 4.4	0.8 (-0.9 , 2.5)	0.97
Transferrin, mean ± SD, mg/dL	-2.6 ± 27.1	3.5 ± 27.4	6.1 (-1.3 , 13.6)	0.40
Hemoglobin, mean ± SD, g/dL	0 ± 1.9	0.3 ± 1.8	0.3 (-0.2 , 0.8)	0.32
Lean tissue index, mean ± SD, kg/m ²	-0.1 ± 1.1	-0.4 ± 1.1	-0.3 (-0.6, 0)	0.08
Fat tissue index, mean ± SD, kg/m ²	0.1 ± 1.1	0.7 ± 1.1	0.6 (0.3, 0.9)	<0.001

Abbreviations: BMI, body mass index.

^a Change was defined as the value at week 12 minus the value at baseline.

^b Difference in the change between groups was compared and tested using Wilcoxon-Mann-Whitney test.

Supplemental Table 2. Effects of the 12-week energy supplementation on other laboratory markers.

Variables	Control 117	Intervention 119	Group difference mean(95%CI)	<i>P</i>
Triglyceride, mean ± SD, mg/dL				
Baseline	154.3 ± 118.4	168.3 ± 136.5	14 (-18.9 , 46.8)	0.4
12-week	165.5 ± 122.9	194.3 ± 170.4 ^b	28.8 (-9.4 , 67)	0.14
Change ^a	10.9 ± 102.6	25.1 ± 133.1	14.2 (-16.4 , 44.8)	0.82
Total cholesterol, mean ± SD, mg/dL				
Baseline	161.7 ± 41.2	158.8 ± 34.5	-2.9 (-12.7 , 6.9)	0.56
12-week	157.4 ± 39.8	160.1 ± 33.8	2.8 (-6.7 , 12.2)	0.57
Change ^a	-3.8 ± 24.4	1.3 ± 28.3	5.1 (-1.7 , 11.9)	0.29
HDL, mean ± SD, mg/dL				
Baseline	40.3 ± 10.2	39.6 ± 11.1	-0.7 (-3.5 , 2)	0.6
12-week	39.9 ± 9.4	40.1 ± 11.2	0.3 (-2.4 , 2.9)	0.85
Change ^a	-0.3 ± 8.4	0.6 ± 6.7	0.9 (-1.1 , 2.8)	0.28
LDL, mean ± SD, mg/dL				
Baseline	93.5 ± 31.5	90.7 ± 26.8	-2.8 (-10.4 , 4.8)	0.46
12-week	94 ± 31.3	93.9 ± 26.2	-0.1 (-7.5 , 7.3)	0.98
Change ^a	0.4 ± 20.9	3.3 ± 18.9	2.9 (-2.2 , 8.1)	0.23
BUN, mean ± SD, mg/dL				
Baseline	74.1 ± 17.4	75.1 ± 19.2	1 (-3.7 , 5.7)	0.67
12-week	72.9 ± 15.4	68.4 ± 16.5 ^b	-4.5 (-8.6 , -0.4)	0.03
Change ^a	-1.1 ± 19.7	-6.6 ± 17.1	-5.5 (-10.2 , -0.8)	0.05
Phosphorus, mean ± SD, mg/dL				
Baseline	6.7 ± 2.2	7 ± 1.9	0.3 (-0.2 , 0.9)	0.22
12-week	6.4 ± 2	6.4 ± 1.9 ^b	0 (-0.5 , 0.6)	0.85
Change ^a	-0.3 ± 2	-0.6 ± 1.9	-0.3 (-0.8 , 0.2)	0.22
CRP, median (IQR), mg/dL				
Baseline	0.2 (0.1-0.3)	0.2 (0.1-0.4)	0 (-0.2 , 0.2)	0.8
12-week	0.2 (0.1-0.3)	0.2 (0.1-0.4)	0 (-0.2 , 0.2)	0.27
Change ^a	0 ± 0.9	0 ± 0.4	0 (-0.2 , 0.2)	0.42
White blood cell, mean ± SD, 103/ul				
Baseline	6.1 ± 1.7	6.1 ± 1.5	0 (-0.4 , 0.4)	0.96
12-week	6.2 ± 1.9	6.2 ± 1.5	0 (-0.5 , 0.4)	0.91
Change ^a	0 ± 1.4	0.1 ± 1.2	0.1 (-0.3 , 0.4)	0.76

Abbreviation: HDL, high-density lipoprotein; LDL, low-density lipoprotein; BUN, blood urea nitrogen; CRP, C-reactive protein.

^a Change was defined as the value at week 12 minus the value at baseline.

^b *P*<0.05, compared with the intervention group at baseline.