

## Enrollment

Assessed for eligibility (n=129)

Excluded (n=76)

- ◆ Declined to participate: 9
- ◆ Initial calcium intake > 600 mg/d: 34
- ◆ BMI < 24 kg/m<sup>2</sup>: 16
- ◆ Used calcium supplements: 3
- ◆ Be on a diet: 14

Randomized (n=53)

## Allocation

Allocated to calcium + D group (n=26)  
(Received energy restriction and  
supplementation of calcium + D)

Allocated to control group (n=27)  
(Received energy restriction alone)

## Follow-Up

At wk 4 (n=26); at wk 8 (n=25); at wk 12 (n=22)

Discontinued participation (n=4)

- ◆ Lost to follow-up: 0
- ◆ Withdraw by subject: 3
- ◆ Protocol violation: 1

At wk 4 (n=25); at wk 8 (n=23); at wk 12 (n=21)

Discontinued participation (n=6)

- ◆ Lost to follow-up: 2
- ◆ Withdraw by subject: 3
- ◆ Protocol violation: 1

## Analysis

Excluded from analysis (n=0)

Included in analysis (n=22)

Excluded from analysis (n=0)

Included in analysis (n=21)