Enrollment

Assessed for eligibility (n=56)
- Excluded (n=2)
  - Not meeting inclusion criteria (n=2)
  - Declined to participate (n=0)
  - Other reasons (n=0)

Randomized (n=54)

Allocation

Allocated to intervention (n=31)
- Received allocated intervention (n=31)
- Did not receive allocated intervention (give reasons) (n=0)

Allocated to intervention (n=23)
- Received allocated intervention (n=21)
- Did not receive allocated intervention (did not start to take the study product) (n=2)

Follow-Up

Lost to follow-up (give reasons) (n=0)
Discontinued intervention (give reasons) (n=0)

Lost to follow-up (give reasons) (n=0)
Discontinued intervention (give reasons) (n=0)

Analysis

Analysed (n=31)
- Excluded from analysis (give reasons) (n=0)

Analysed (n=21)
- Excluded from analysis (delivered a blood sample but did not start to take the study product) (n=2)