Enrollment

Assessed for eligibility (n=129)

Excluded (n=76)
- Declined to participate: 9
- Initial calcium intake >600 mg/d: 34
- BMI <24 kg/m²: 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)