Excluded n = 220
Did not meet inclusion criteria as
determined by telephone/email contact
n = 150

Did not meet inclusion criteria after
screening visit
n = 51 (clinical and laboratory
exclusions)

Refused to participate
n = 17 (too much time, changed mind,
job schedule)

Other reasons n = 2 (blood sample
could not be obtained)

Assessed for eligibility
N = 310 telephone
screens/email contacts

Enrollment
N = 90

Randomized

No Vegetable Juice
Allocated to control
n= 30

Completed allocated intervention
n = 30

8 fluid ounces Vegetable Juice
Allocated to intervention
n= 30

Completed allocated intervention
n = 28

Did not complete allocated intervention
n = 2
Reasons: Mild rash (n=1); and non-
compliance (n=1)

16 fluid ounces Vegetable Juice
Allocated to intervention
n= 30

Completed allocated intervention
n = 28

Did not complete allocated intervention
n = 2
Reasons: Mild rash (n=1); and mild heartburn (n=1)