Assessed for eligibility
N = 1094 telephone screens

Enrollment
N = 81

Randomized

No vegetable juice
Allocated to control
n= 27
Completed allocated intervention
n = 20
(74%)
Did not complete allocated intervention n = 7
Reasons: loss to follow-up (n=2); personal reasons (n=4); clinical measure (n= 1)

8 fluid ounces vegetable juice
Allocated to intervention
n= 27
Completed allocated intervention
n = 18
(67%)
Did not complete allocated intervention n = 9
Reasons: loss to follow-up (n=4); personal reasons (n=4); moved (n= 1)

16 fluid ounces vegetable juice
Allocated to intervention
n= 27
Completed allocated intervention
n = 22
(81%)
Did not complete allocated intervention
n = 5
Reasons: loss to follow-up (n=3); did not like juice (n=1); moved (n= 1)

Excluded n = 1013
Did not meet inclusion criteria as determined by telephone contact
n = 841 (77%)

Did not meet inclusion criteria after screening visit
n =129 (clinical and laboratory exclusions) (51%)

Refused to participate
n = 24 (too much time, changed mind, job schedule) (9%)

Other reasons n = 19 (BMI status changed, exclusionary medication) (8%)