Assessed for eligibility (n=80)

- Excluded (n=30)
  - Not meeting inclusion criteria (n=15)
  - Declined to participate (n=10)
  - Other reasons (n=5)

Randomized (n=50)

Diet shake symbiotic (n=25)

- Reasons for discontinuing
  - Moved: n=5
  - Unwilling to continue: n=11
  - Unknown: n=5

Diet shake placebo (n=25)

- Reasons for discontinuing
  - Moved: n=5
  - Unwilling to continue: n=5
  - Unknown: n=11

Analysis of serum cholesterol, triglycerides, HDL cholesterol and glycemia

n=10/25 (36%)