Recruitment of volunteers
(Men: \( n = 58 \))

Non-randomization

Control group \(( n = 13 )\)

Dropout \(( n = 6 )\)

Final analyzed (after 3 months)
Control group \(( n = 7 )\)

Intervention group \(( n = 45 )\)

Dropout \(( n = 17 )\)

Final analyzed (after 3 months)
Intervention group \(( n = 28 )\)
- Intake frequency of < 50%ile \(( n = 12 )\)
- Intake frequency of ≥ 50%ile \(( n = 16 )\)

Figure 1