Screened (n = 113)

Excluded (n = 8)

Randomized (n = 105)

Group MR (n = 51)

Group C (n = 54)

Withdrawal (n = 8)\(^1\)

Group MR (n = 43)

Group C (n = 44)

Completed (n = 87)

\(^1\)one adverse effect

abbreviations used: MR, meal replacement; C, control