

Supplementary Table 2. Comparison of NARs at T0, W6 and W12 between Akk LO and HI groups.

| Time Point | NAR | Akk LO (N=15) | | Akk HI (N=21) | | p-value |
|-----------------|-------------|---------------|---------|---------------|---------|---------|
| | | Mean | Std Dev | Mean | Std Dev | |
| Baseline | Protein | 100 | 0 | 97 | 10 | 24 |
| | Fiber | 64 | 23 | 52 | 17 | 8 |
| | Vitamin A | 55 | 32 | 52 | 25 | 82 |
| | Thiamine | 81 | 18 | 85 | 16 | 45 |
| | Riboflavin | 80 | 20 | 80 | 20 | 81 |
| | Niacin | 99 | 4 | 91 | 16 | 21 |
| | Vitamin B6 | 87 | 16 | 79 | 21 | 26 |
| | Folic acid | 78 | 23 | 75 | 21 | 58 |
| | Vitamin B12 | 95 | 9 | 93 | 18 | 45 |
| | Vitamin C | 71 | 27 | 75 | 28 | 58 |
| | Vitamin D | 27 | 14 | 43 | 27 | 11 |
| | Vitamin E | 66 | 26 | 66 | 22 | 99 |
| | Iron | 67 | 20 | 65 | 21 | 95 |
| | Magnesium | 61 | 17 | 61 | 13 | 85 |
| | Potassium | 79 | 17 | 81 | 18 | 80 |
| Calcium | 70 | 28 | 76 | 24 | 50 | |
| Week 6 | Protein | 100 | 0 | 100 | 0 | 100 |
| | Fiber | 82 | 15 | 73 | 24 | 37 |
| | Vitamin A | 16 | 24 | 7 | 5 | 24 |
| | Thiamine | 61 | 16 | 58 | 21 | 75 |
| | Riboflavin | 63 | 17 | 67 | 24 | 70 |
| Niacin | 85 | 18 | 81 | 20 | 79 | |
| Vitamin B6 | 73 | 18 | 72 | 19 | 91 | |

| | | | | | | |
|----------------|-------------|-----|----|----|----|-----|
| | Folic acid | 72 | 17 | 76 | 25 | 45 |
| | Vitamin B12 | 81 | 19 | 72 | 27 | 28 |
| | Vitamin C | 86 | 19 | 85 | 25 | 40 |
| | Vitamin D | 20 | 23 | 23 | 29 | 55 |
| | Vitamin E | 58 | 26 | 59 | 25 | 85 |
| | Iron | 49 | 15 | 48 | 25 | 36 |
| | Magnesium | 49 | 8 | 49 | 20 | 40 |
| | Potassium | 81 | 16 | 79 | 19 | 97 |
| | Calcium | 65 | 18 | 69 | 28 | 40 |
| Week 12 | Protein | 100 | 1 | 99 | 3 | 79 |
| | Fiber | 73 | 17 | 62 | 26 | 17 |
| | Vitamin A | 43 | 27 | 35 | 16 | 61 |
| | Thiamine | 82 | 20 | 90 | 13 | 38 |
| | Riboflavin | 84 | 16 | 86 | 17 | 32 |
| | Niacin | 95 | 10 | 97 | 9 | 52 |
| | Vitamin B6 | 85 | 21 | 88 | 15 | 84 |
| | Folic acid | 87 | 21 | 81 | 21 | 51 |
| | Vitamin B12 | 86 | 24 | 93 | 13 | 61 |
| | Vitamin C | 86 | 23 | 81 | 20 | 39 |
| | Vitamin D | 34 | 30 | 27 | 16 | 100 |
| | Vitamin E | 59 | 27 | 57 | 13 | 50 |
| | Iron | 64 | 17 | 62 | 19 | 54 |
| | Magnesium | 61 | 9 | 62 | 17 | 97 |
| | Potassium | 89 | 14 | 82 | 17 | 31 |
| | Calcium | 75 | 22 | 82 | 22 | 32 |

Wilcoxon rank sum test, mean (SD) are shown. The NAR is the mean intake of a nutrient divided by the French Recommended Dietary Allowance, and truncated at 100.