

Table 2: Demographic Characteristics of the Participants

	Supplementation Group (n=103)	Placebo Group (n=112)	P
Mean age in years	37+/-13	37.1+/-13	0.869
Number of females n (%)	70(68.0)	71(63.4)	0.566
Level of education n (%)			
Primary	73(70.9)	88(78.5)	0.333
Secondary or better	30(29.1)	24(21.4)	
Mean Body Mass Index (kg/m²)	22.6+/-3.8	22.8+/-5.9	0.581
HIV positive n=66 (%)	32 (48.4)	34 (51.5)	0.592
Mean Middle Upper Arm Circumference (MUAC)	27.3+/-3.3	27.4+/-4.2	0.705
Mean Body fat (kg)	29.9+/-9.4	29.5+/-9.8	0.547
Mean Lean mass (kg)	70.0+/-9.3	69.9+/-11.0	0.630
Median (IQR) follow up (months)	18(16-19)	19(18-20)	0.0001
pH n=121	3.3+/-2.2	3.2+/-2.2	0.881
Tobacco use n (%)	15 (14.5)	23 (20.5)	0.286
Cannabis n (%)	4 (3.8)	2 (1.8)	0.430
Alcohol n (%):			
 everyday	12 (11.6)	18 (16.1)	0.661
 not everyday	39 (37.9)	33 (29.5)	