

Assessed for eligibility
N = 310 telephone
screens/email contacts

Enrollment
N = 90

Randomized

Excluded n = 220

Did not meet inclusion criteria as determined by telephone/email contact
n = 150

Did not meet inclusion criteria after screening visit
n = 51 (clinical and laboratory exclusions)

Refused to participate
n = 17 (too much time, changed mind, job schedule)

Other reasons n = 2 (blood sample could not be obtained)

No Vegetable Juice
Allocated to control
n= 30

Completed allocated intervention
n = 30

8 fluid ounces Vegetable Juice
Allocated to intervention
n= 30

Completed allocated intervention
n = 28

Did not complete allocated intervention
n = 2

Reasons: Mild rash (n=1); and non-compliance (n=1)

16 fluid ounces Vegetable Juice
Allocated to intervention
n= 30

Completed allocated intervention
n = 28

Did not complete allocated intervention
n = 2

Reasons: Mild rash (n=1); and mild heartburn (n=1)