

Postal questionnaire of 75+ population living in Porvoo, Finland (N = 3275)

Screening with hand grip strength and gait speed

Assessment of body composition, nutritional status, muscle health, physical performance, and cognition

Instructions on home based exercises, dietary protein, and vitamin D supplementation

Individual randomization of sarcopenic patients  
(target N = 250) into 12-month intervention

No additional supplementation

Protein supplement ,  
20 grams twice a day

Iso-caloric placebo

6-month assessment of body composition, nutritional status, physical performance, cognition, falls, and health related quality of life

12-month assessment of body composition, nutritional status, physical performance, cognition, falls, and health related quality of life. Analysis of primary end-points.

24-month assessment of mortality and the use of health care and social services