

Table S1. Average energy and nutrient content of the 5th phase of the ketogenic diet.

observed	Amount
Energy (kcal/kJ)	1500 / 6280 ± 50 / 210
Protein (g) ¹	136 ± 5.6
Carbohydrates (g) ¹	18.4 ± 1.1
Fats (g) ¹	95 ± 4.3
Magnesium (mg)	360 ± 1.9
Sodium (mg)	1200 ± 44.2
Potassium (mg)	1200 ± 48.3
Calcium (mg)	360 ± 17.8
Magnesium (mg)	200 ± 15.5
Vitamin C (mg)	60 ± 2.7
Niacin (mg NE)	18 ± 0.8
Vitamin E (mg)	7.4 ± 0.4
Pantothenic acid (mg)	6 ± 0.3
Zinc (mg)	10 ± 0.9
Iron (mg)	8 ± 2.1
Vitamin B ₆ (mg)	2 ± 0.08
Riboflavin (mg)	1.6 ± 0.03
Thiamine (mg)	1.4 ± 0.02
Copper (mg)	1 ± 0.01
Manganese (mg)	1 ± 0.03
Vitamin A (µg RE)	800 ± 32.7
Folic acid (µg)	200 ± 10.4
Biotin (µg)	150 ± 6.2
Iodine (µg)	100 ± 4.2
Vitamin K (µg)	30 ± 1,1
Chromium (µg)	25 ± 0.9
Molybdenum (µg)	25 ± 1.1
Selenium (µg)	25 ± 1.3
Vitamin D (µg)	5 ± 0.25
Vitamin B ₁₂ (µg)	1 ± 0.2
Omega-3 (mg)	1000 ± 30

¹ share of the macronutrients followed the recommendations [23] (fats: proteins: carbohydrates = 60:35:5)

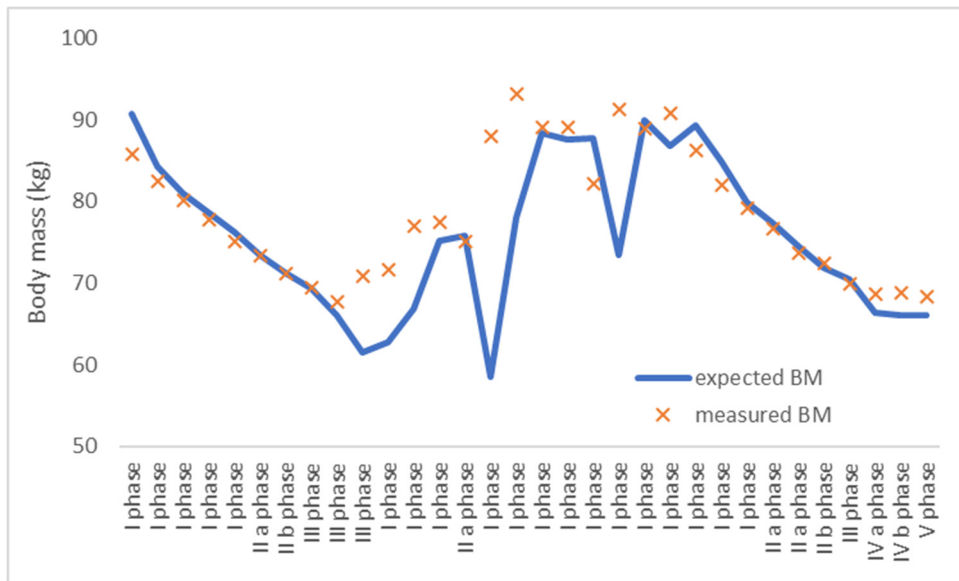


Figure S1. Trend of the expected body mass (BM) and measured body mass for a relapsed individual.