

<i>Nutrient</i>	<i>Baseline</i>	<i>Morning Supplementation</i>		<i>Evening Supplementation</i>	
	<i>Median Intakes (IQR)</i>	<i>Median Intakes (IQR)</i>	<i>p-value^{\$}</i>	<i>Median Intakes (IQR)</i>	<i>p-value[#]</i>
Dietary fibre (g)	20.6 (16.7-30.0)	23.3 (16.4-26.0)	0.849	22.6 (14.0-26.3)	0.143
Calcium (mg)	1058.5 (813.3-1345.3)	1039.0 (916.0-1308.0)	0.368	953.0 (822.8-1145.0)	0.738
Magnesium (mg)	360.0 (320.5-449.3)	375.5 (295.5-424.0)	0.833	368.5 (291.3-434.5)	0.278
Sodium (mg)	1867.5 (1402.0-2183.3)	1882.5 (1374.3-2480.0)	0.459	1784.5 (1431.0-2179.3)	0.580
Potassium (mg)	3601.0 (3024.8-4216.3)	3444.5 (3058.0-3781.5)	0.924	3211.5 (2895.5-3605.5)	0.143
Iron (mg)	11.4 (8.0-13.8)	11.7 (8.4-14.9)	0.738	11.2 (9.7-14.1)	0.978
Retinol (µg)	334.5 (223.8-414.5)	274.0 (219.0-378.5)	0.360	287.5 (225.5-478.5)	0.752
Carotene (µg)	2316.0 (1218.0-3972.8)	2926.5 (1620.3-4792.3)	0.293	1507.5 (629.8-3850.0)	0.979
Riboflavin (mg)	2.02 (1.67-2.39)	2.12 (1.63-2.44)	0.803	1.82 (1.59-2.31)	0.710
Vitamin B6 (mg)	1.60 (1.32-1.75)	1.63 (1.38-1.78)	0.837	1.61 (1.35-1.87)	0.613
Vitamin B12 (µg)	5.80 (3.50-7.63)	5.20 (3.15-6.65)	0.721	5.45 (3.18-6.43)	0.344
Vitamin C (mg)	103.5 (86.0-124.0)	88.5 (76-114.8)	0.558	82.0 (58.5-125.5)	0.246
Vitamin D (µg)	2.79 (2.22-4.98)	3.17 (1.34-5.63)	0.525	2.56 (1.01-4.24)	0.543
Vitamin E (mg)	8.51 (6.70-11.41)	8.15 (6.86-12.44)	0.311	9.13 (6.35-11.84)	0.312

Figure S1; Supplementary material displaying Median (IQR) dietary fibre and micronutrient intakes of all participants, per day, across the different phases of the trial.

g=grams; mg=milligrams, µg=micrograms.

P values are baseline compared to invention phase; IQR: Inter-Quartile Range; \$ represent baseline-morning and # denotes baseline-evening