

Supplemental Digital Content 3. Mean change in lean body mass and other outcomes by group from baseline to 24-week follow-up for those who completed, N=57

	RT + Supplement N=24		RT only N=33	
	Baseline Mean (SD)	Follow-up Mean (SD)	Baseline Mean (SD)	Follow-up Mean (SD)
Lean body mass (kg)	56.62 (19.68)	57.67 (20.68)	61.14 (15.54)	61.27 (15.56)
Mean change (kg)		1.05 (2.34)		0.13 (2.19)
Grip strength (kg)	35.32 (11.60)	37.30 (12.04)	38.40 (11.28)	39.89 (12.18)
Mean change (kg)		1.98 (4.30)		1.49 (4.60)
Walking speed (m/sec)	0.54 (0.10)	0.51 (0.11)	0.55 (0.10)	0.53 (0.09)
Mean change (m/sec)		-0.03 (0.11)		-0.01 (0.12)
Self-reported exhaustion	51.70 (9.22)	51.18 (7.16)	52.19 (9.45)	52.28 (9.33)
Mean change		-0.52 (7.40)		0.09 (9.32)
MVPA (min/day)	20.95 (19.47)	16.39 (15.12)	16.95 (17.50)	11.79 (10.02)
Mean change (min/day)		-5.31 (12.04)		-5.05 (17.42)
Exercise testing				
Leg Press 1 RM (kg)	81.91 (42.34)	153.66 (105.38)	81.75 (38.68)	139.68 (80.09)
Mean change (kg)		71.74 (80.22)		57.93 (67.16)
Chest Press 1RM (kg)	48.20 (25.77)	64.30 (31.36)	48.97 (23.61)	60.33 (26.41)
Mean change (kg)		16.10 (15.44)		11.36 (14.12)
Horizontal Row 1RM (kg)	44.70 (20.50)	60.70 (25.64)	44.35 (17.40)	56.20 (22.47)
Mean change (kg)		16.00 (12.33)		11.85 (15.01)
Leg Extension 1RM (kg)	55.49 (25.62)	82.20 (35.44)	53.24 (21.86)	73.97 (31.31)
Mean change (kg)		26.70 (22.55)		20.73 (22.70)
Lat. Vertical Pull 1RM (kg)	51.42 (22.21)	69.41 (28.20)	52.89 (18.34)	65.84 (23.29)
Mean change (kg)		17.99 (15.41)		12.95 (14.91)
Triceps 1 RM (kg)	20.25 (12.09)	30.83 (19.98)	20.01 (8.00)	24.97 (10.79)
Mean change (kg)		10.59 (10.59)		4.96 (6.66)
Biceps 1 RM (kg)	10.34 (4.52)	11.82 (4.87)	10.39 (4.03)	11.57 (5.06)
Mean change (kg)		1.48 (1.99)		1.18 (2.79)

*age, sex, and race adjusted

kg = kilograms; MVPA = moderate to vigorous physical activity; min/day = minutes per day; m/sec = meters per second; lbs = pounds. N=sample size, RT+S=resistance training with protein supplement, RT+P=resistance training with placebo, SD=standard deviation, kg=kilograms, m/sec=meters per second, min/day=minutes per day, RM=repetition maximum, lbs=pounds, SD=standard deviation, <=less than