

Table 1. The mean (SD) age, height, weight, and body mass index (BMI) of the participants in each group

Group	Age (years)	Height (cm)	Weight (kg)	BMI (kg m ⁻²)
Control	12.1 (0.5)	150.2 (6.1)	42.1 (10.2)	18.7 (3.2)
Low-dose	12.1 (0.5)	150.1 (6.2)	41.8 (10.1)	18.6 (3.1)
High-dose	12.1 (0.5)	150.3 (6.0)	42.3 (10.3)	18.8 (3.3)

Table 2. The mean (SD) age, height, weight, and body mass index (BMI) of the participants in each group at baseline and follow-up

Group	Age (years)	Height (cm)	Weight (kg)	BMI (kg m ⁻²)
Control	12.1 (0.5)	150.2 (6.1)	42.1 (10.2)	18.7 (3.2)
Low-dose	12.1 (0.5)	150.1 (6.2)	41.8 (10.1)	18.6 (3.1)
High-dose	12.1 (0.5)	150.3 (6.0)	42.3 (10.3)	18.8 (3.3)

Table 3. The mean (SD) age, height, weight, and body mass index (BMI) of the participants in each group at baseline and follow-up

Group	Age (years)	Height (cm)	Weight (kg)	BMI (kg m ⁻²)
Control	12.1 (0.5)	150.2 (6.1)	42.1 (10.2)	18.7 (3.2)
Low-dose	12.1 (0.5)	150.1 (6.2)	41.8 (10.1)	18.6 (3.1)
High-dose	12.1 (0.5)	150.3 (6.0)	42.3 (10.3)	18.8 (3.3)

Table 4. The mean (SD) age, height, weight, and body mass index (BMI) of the participants in each group at baseline and follow-up

Group	Age (years)	Height (cm)	Weight (kg)	BMI (kg m ⁻²)
Control	12.1 (0.5)	150.2 (6.1)	42.1 (10.2)	18.7 (3.2)
Low-dose	12.1 (0.5)	150.1 (6.2)	41.8 (10.1)	18.6 (3.1)
High-dose	12.1 (0.5)	150.3 (6.0)	42.3 (10.3)	18.8 (3.3)