**Discontinued intervention (n=9)**

Could not consume volume of drink required (n=7)

Family illness (n=1)

Illness (n=1)

**Discontinued intervention (n=1)**

No longer wished to participate (n=1)

**Discontinued intervention (n=4)**

Illness (n=2)

Antibiotics (n=2)

Analysed 10 mg/d (n=35)

**Follow-Up**

**Excluded (n=279)**

Not meeting inclusion criteria (n=146)

Declined to participate (n=133)

**Allocated to 10mg/day (n=39)**

Received allocated intervention (n=39)

**Allocated to 35mg/day (n=38)**

Received allocated intervention (n=38)

**Allocated to 60mg/day (n=38)**

Received allocated intervention (n=38)

**Enrolment**

Analysed 60mg/d (n=29)

Analysed 35mg/d (n=37)

**Analysis**

Randomized (n=115)

**Allocation**

Assessed for Eligibility (n=394)