**Online Supplementary information file**

CONSORT checklist additional information:

Mechanism used to implement the random allocation sequence (such as sequentially numbered containers), describing any steps taken to conceal the sequence until interventions were assigned:

* Participants were initially randomly assigned using simple randomization procedures (computerized random numbers) to one of two treatment groups.

Who generated the random allocation sequence, who enrolled participants, and who assigned participants to interventions:

* DS generated the random allocation sequence, DS enrolled participants, DS assigned participants to interventions

If done, who was blinded after assignment to interventions (for example, participants, care providers, those assessing outcomes) and how:

* Participants and researchers assessing outcomes were blinded to the intervention. Supplements were identical in appearance.

Dates defining the periods of recruitment and follow-up:

* Recruitment started 01/04/18 and data collection finished 07/06/2019.

Why the trial ended or was stopped:

* Trail reached sample size goal.