

Table S2: Baseline characteristics of all 28 clusters in the nutritional supplement vs. no nutritional supplement comparison

Variable	Trial arm	
	Nutritional supplement (+/- physical activity intervention)	No nutritional supplement (+/- physical activity intervention)
Health centre characteristics		
Number of centers per arm	14	14
Median (range) cohort in age-range	1065 (286, 1530)	1017 (274, 2036)
Median % (range) living in poverty ^a	8.5 (2.5, 14.2)	9.2 (2.5, 16.7)
Participant characteristics		
<i>n</i> ^b	1418	1381
Age (years) ^c	66.2 (1.0)	66.2 (1.0)
<i>n</i> (%) male	447 (31.5)	459 (33.2)
Level of education		
<i>n</i> (%) 0-5 years schooling	439 (32.6)	372 (28.1)
<i>n</i> (%) 6-10 years schooling	683 (50.8)	650 (49.0)
<i>n</i> (%) >10 years schooling	223 (16.6)	304 (22.9)
<i>n</i> (%) married or equivalent	928 (64.4)	898 (65.0)
<i>n</i> living in house ^c	3.8 (2.1)	3.8 (2.2)
<i>n</i> (%) weekly physical activity	125 (8.8)	129 (9.3)
Self-reported health status		
<i>n</i> (%) Good to excellent	601 (42.4)	633 (45.8)
<i>n</i> (%) Fair to poor	817 (57.6)	748 (54.2)
MMSE short-form score^c	16.5 (2.0)	16.5 (2.1)
Body Mass Index (kg/m²)^d	28.3 (25.8,31.5)	28.5 (25.7,31.8)
Weight (kg)^d	69.7 (61,78)	69.8 (62,78)
Blood pressure (mmHg)		
Systolic ^c	137.0 (20.2)	138.3 (20.4)
Diastolic ^c	81.1 (11.7)	81.7 (12.1)
<i>n</i> (%) ≥140/90	582 (42.2)	578 (44.5)

^aAs defined by the 2006 census (per capita income less than twice the value of a standardized basic basket of food) [57]

^bRepresents total sample per trial arm at baseline. There were small amounts of missing data (maximum 5 participants per outcome) – data available but not shown

^cMean (standard deviation)

^dMedian (inter-quartile range)

MMSE, Mini Mental State Examination