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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table S1. Blood chemistry before and after administration of either CaHMB or HMB free acid.\*  (Mean values with their standard errors) | | | | | | | | | | | | | | | | | | | |
|  |  | CaHMB Capsule | | | HMBFA Capsule | | | | | HMBFA Water | | | HMBFA Gel | | | CaHMB Water | | | *P*-value† |
|  |  | Mean | SEM | % Change | Mean | | | SEM | % Change | Mean | SEM | % Change | Mean | SEM | % Change | Mean | SEM | % Change |
| Glucose, mmol/l | Before | 4.55 | 0.08 |  | 4.72 | | | 0.10 |  | 4.71 | 0.11 |  | 4.64 | 0.08 |  | 4.70 | 0.09 |  |  |
|  | After | 4.55 | 0.13 | -0.1 | 4.87 | | | 0.05 | 3.2 | 4.70 | 0.07 | -0.1 | 4.78 | 0.12 | 3.1 | 4.70 | 0.14 | 0.0 | 0.92 |
| Uric Acid, mmol/l | Before | 0.32 | 0.03 |  | 0.30 | | | 0.03 |  | 0.31 | 0.02 |  | 0.30 | 0.03 |  | 0.29 | 0.03 |  |  |
|  | After | 0.33 | 0.03 | 3.2 | 0.31 | | | 0.03 | 6.4 | 0.32 | 0.03 | 1.3 | 0.32 | 0.03 | 6.1 | 0.32 | 0.03 | 9.9 | 0.21 |
| BUN, mmol/l | Before | 5.00 | 0.49 |  | 4.64 | | | 0.25 |  | 5.03 | 0.34 |  | 4.64 | 0.36 |  | 4.64 | 0.33 |  |  |
|  | After | 4.75 | 0.43 | -5.0 | 5.14 | | | 0.39 | 10.8 | 4.78 | 0.44 | -5.0 | 5.14 | 0.39 | 10.8 | 5.00 | 0.32 | 7.7 | 0.14 |
| Creatinine, μmol/l | Before | 84.2 | 2.3 |  | 85.2 | | | 2.7 |  | 88.7 | 3.5 |  | 86.6 | 2.6 |  | 85.0 | 2.5 |  |  |
|  | After | 91.2 | 2.1 | 8.3 | 91.1 | | | 2.7 | 7.0 | 90.6 | 1.8 | 2.2 | 90.0 | 2.9 | 3.9 | 88.8 | 2.6 | 4.4 | 0.40 |
| BUN:Creatinine, wt:wt | Before | 14.8 | 1.5 |  | 13.7 | | | 0.9 |  | 14.2 | 1.2 |  | 13.7 | 1.2 |  | 13.6 | 1.1 |  |  |
|  | After | 12.8 | 1.0 | -13.5 | 14.1 | | | 0.9 | 2.9 | 13.2 | 1.2 | -7.0 | 14.4 | 1.1 | 5.1 | 14.0 | 1.0 | 2.9 | 0.21 |
| Sodium, mmol/l | Before | 137.1 | 0.8 |  | 137.7 | | | 0.4 |  | 138.1 | 0.6 |  | 137.9 | 0.5 |  | 137.6 | 0.5 |  |  |
|  | After | 139.9 | 0.6 | 2.0 | 140.1 | | | 0.7 | 1.7 | 140.9 | 0.4 | 2.0 | 140.5 | 0.5 | 1.9 | 139.6 | 0.9 | 1.5 | 0.99 |
| Potassium, mmol/l | Before | 3.8 | 0.03 |  | 3.9 | | | 0.08 |  | 3.9 | 0.15 |  | 3.9 | 0.13 |  | 3.8 | 0.10 |  |  |
|  | After | 4.3 | 0.12 | 13.3 | 4.4 | | | 0.10 | 13.8 | 4.5 | 0.13 | 14.4 | 4.5 | 0.12 | 15.1 | 4.4 | 0.09 | 15.9 | 0.92 |
| Chloride, mmol/l | Before | 100.9 | 0.7 |  | 102.1 | | | 0.3 |  | 101.7 | 0.6 |  | 102.0 | 0.6 |  | 101.6 | 0.6 |  |  |
|  | After | 102.2 | 0.6 | 1.3 | 102.4 | | | 0.4 | 0.3 | 103.2 | 0.6 | 1.5 | 103.1 | 0.7 | 1.1 | 101.9 | 0.8 | 0.3 | 0.70 |
| Calcium, mmol/l | Before | 2.34 | 0.04 |  | 2.34 | | | 0.04 |  | 2.33 | 0.02 |  | 2.37 | 0.02 |  | 2.35 | 0.03 |  |  |
|  | After | 2.39 | 0.03 | 2.1 | 2.39 | | | 0.03 | 2.0 | 2.39 | 0.03 | 2.6 | 2.38 | 0.02 | 0.5 | 2.42 | 0.02 | 3.3 | 0.52 |
| CO2, mmol/l | Before | 22.1 | 0.9 |  | 21.8 | | | 0.8 |  | 22.6 | 1.0 |  | 21.5 | 0.6 |  | 22.1 | 0.5 |  |  |
|  | After | 24.1 | 0.9 | 9.1 | 23.2 | | | 0.7 | 6.4 | 23.9 | 0.6 | 5.8 | 22.9 | 0.6 | 6.5 | 23.4 | 0.7 | 5.9 | 0.89 |
| Phosphorus, mmol/l | Before | 1.37 | 0.04 |  | 1.29 | | | 0.12 |  | 1.35 | 0.07 |  | 1.35 | 0.04 |  | 1.39 | 0.07 |  |  |
|  | After | 1.47 | 0.07 | 7.8 | 1.48 | | | 0.09 | 15.1 | 1.51 | 0.06 | 12.2 | 1.50 | 0.06 | 11.0 | 1.54 | 0.10 | 10.7 | 0.55 |
| Protein, g/l | Before | 64.9 | 1.7 |  | 65.6 | | | 1.8 |  | 64.9 | 1.3 |  | 64.6 | 1.7 |  | 65.2 | 2.0 |  |  |
|  | After | 67.0 | 1.8 | 3.2 | 66.0 | | | 1.8 | 0.6 | 67.2 | 2.1 | 3.5 | 66.5 | 1.5 | 2.9 | 67.3 | 1.8 | 3.2 | 0.65 |
| Albumin, g/l | Before | 41.7 | 1.1 |  | 42.0 | | | 1.3 |  | 42.0 | 0.9 |  | 41.4 | 1.1 |  | 41.3 | 1.1 |  |  |
|  | After | 43.5 | 1.1 | 4.3 | 43.0 | | | 1.3 | 2.4 | 43.1 | 1.2 | 2.6 | 43.0 | 1.0 | 3.9 | 43.8 | 1.1 | 6.1 | 0.58 |
| Globulin, g/l | Before | 23.2 | 1.0 |  | 23.6 | | | 0.9 |  | 22.9 | 0.9 |  | 23.2 | 1.0 |  | 23.9 | 1.2 |  |  |
|  | After | 23.5 | 1.1 | 1.3 | 23.0 | | | 0.9 | -2.5 | 24.1 | 1.2 | 5.2 | 23.5 | 1.1 | 1.3 | 23.5 | 1.2 | -1.7 | 0.30 |
| A:G Ratio | Before | 1.8 | 0.1 |  | 1.8 | | | 0.1 |  | 1.9 | 0.1 |  | 1.8 | 0.1 |  | 1.8 | 0.1 |  |  |
|  | After | 1.9 | 0.1 | 4.4 | 1.9 | | | 0.1 | 4.4 | 1.8 | 0.1 | -2.2 | 1.9 | 0.1 | 3.3 | 1.9 | 0.1 | 6.7 | 0.29 |
| Bilirubin, µmol/l | Before | 8.38 | 1.54 |  | 6.67 | | | 0.78 |  | 8.04 | 0.92 |  | 8.89 | 1.27 |  | 6.67 | 1.15 |  |  |
|  | After | 6.84 | 0.76 | -18.4 | 6.16 | | | 1.33 | -7.7 | 5.47 | 0.76 | -31.9 | 7.01 | 1.15 | -21.2 | 7.35 | 0.96 | 10.3 | 0.38 |
|  | | | | | | | | | | | | | | | | | | | |
| Table S1. Blood chemistry before and after administration of either CaHMB or HMB free acid. (continued)\* | | | | | | | | | | | | | | | | | | | |
|  |  | CaHMB Capsule | | | HMBFA Capsule | | | | | HMBFA Water | | | HMBFA Gel | | | CaHMB Water | | | *P*-value† |
|  |  | Mean | SEM | % Change | Mean | | SEM | | % Change | Mean | SEM | % Change | Mean | SEM | % Change | Mean | SEM | % Change |
| Alkaline Phosphatase, IU/l | Before | 46.1 | 3.4 |  | 46.7 | 3.2 | | |  | 47.1 | 3.4 |  | 46.8 | 3.0 |  | 45.5 | 2.2 |  |  |
|  | After | 47.9 | 3.7 | 3.9 | 47.1 | 2.9 | | | 0.9 | 48.6 | 2.4 | 3.2 | 47.4 | 2.9 | 1.3 | 47.0 | 2.5 | 3.3 | 0.78 |
| eGFR, ml/min | Before | 96.6 | 4.8 |  | 94.0 | 4.0 | | |  | 91.1 | 3.2 |  | 93.3 | 4.0 |  | 95.6 | 3.1 |  |  |
|  | After | 86.8‡ | 3.6 | -10.2 | 88.2‡ | 2.3 | | | -6.1 | 86.3§ | 3.8 | -5.3 | 89.4 | 3.5 | -4.2 | 90.8 | 3.4 | -5.0 | 0.28 |
| Creatine Kinase, IU/l | Before | 145.0 | 23.7 |  | 94.1 | 10.4 | | |  | 99.9 | 5.1 |  | 91.8 | 8.7 |  | 116.8 | 19.5 |  |  |
|  | After | 105.9 | 8.4 | -27.0 | 89.9 | 10.2 | | | -4.5 | 98.6 | 11.5 | -1.3 | 85.8 | 7.0 | -6.5 | 129.6 | 31.3 | 11.0 | 0.05 |
| LDH, IU/l | Before | 140.5 | 12.4 |  | 130.4 | 7.9 | | |  | 132.0 | 8.5 |  | 134.5 | 8.7 |  | 133.2 | 8.5 |  |  |
|  | After | 126.5 | 7.5 | -10.0 | 125.4 | 7.2 | | | -3.8 | 131.9 | 8.6 | -0.1 | 131.7 | 8.4 | -2.1 | 132.5 | 8.8 | -0.5 | 0.46 |
| AST, IU/l | Before | 20.2 | 1.5 |  | 17.2 | 0.9 | | |  | 18.1 | 1.1 |  | 17.3 | 1.0 |  | 17.6 | 1.4 |  |  |
|  | After | 17.8 | 1.2 | -11.9 | 18.0 | 1.1 | | | 4.7 | 17.2 | 0.9 | -5.0 | 17.2 | 0.7 | -0.6 | 18.4 | 1.3 | 4.5 | 0.06 |
| ALT, IU/l | Before | 17.0 | 1.7 |  | 16.0 | 1.3 | | |  | 16.6 | 1.0 |  | 15.6 | 1.5 |  | 15.5 | 1.6 |  |  |
|  | After | 15.3 | 1.1 | -10.0 | 14.9 | 1.1 | | | -6.9 | 15.8 | 1.0 | -4.8 | 15.5 | 1.2 | -0.6 | 16.9 | 1.7 | 9.0 | 0.12 |
| GGT, IU/l | Before | 18.8 | 3.8 |  | 17.9 | 4.2 | | |  | 19.6 | 3.6 |  | 19.5 | 4.7 |  | 18.6 | 3.9 |  |  |
|  | After | 19.0 | 3.7 | 1.1 | 17.8 | 4.0 | | | -0.6 | 20.9 | 4.0 | 6.6 | 19.6 | 4.6 | 0.5 | 18.9 | 3.9 | 1.6 | 0.98 |
| Iron, μmol/l | Before | 19.0 | 2.9 |  | 13.0 | 1.5 | | |  | 14.1 | 1.9 |  | 17.7 | 2.5 |  | 14.7 | 2.8 |  |  |
|  | After | 12.7 | 1.1 | -33.0 | 11.9 | 2.0 | | | -8.4 | 10.7 | 1.4 | -24.0 | 12.8 | 2.0 | -28.1 | 14.4 | 2.5 | -1.9 | 0.36 |
| Triglycerides, mmol/l | Before | 1.05 | 0.09 |  | 1.05 | 0.11 | | |  | 0.93 | 0.10 |  | 1.14 | 0.12 |  | 1.20 | 0.15 |  |  |
|  | After | 1.05 | 0.07 | -0.4 | 1.28 | 0.22 | | | 21.5 | 1.04 | 0.09 | 11.4 | 1.12 | 0.13 | -1.0 | 1.24 | 0.14 | 3.7 | 0.35 |
| Cholesterol, mmol/l | Before | 4.45 | 0.29 |  | 4.26 | 0.21 | | |  | 4.39 | 0.25 |  | 4.37 | 0.26 |  | 4.44 | 0.28 |  |  |
|  | After | 4.58 | 0.28 | 2.9 | 4.44 | 0.24 | | | 4.3 | 4.62 | 0.31 | 5.2 | 4.56 | 0.23 | 4.4 | 4.72 | 0.33 | 6.2 | 0.88 |
| HDL, mmol/l | Before | 1.60 | 0.13 |  | 1.66 | 0.14 | | |  | 1.70 | 0.15 |  | 1.65 | 0.13 |  | 1.65 | 0.14 |  |  |
|  | After | 1.64 | 0.13 | 2.8 | 1.60 | 0.15 | | | -3.6 | 1.75 | 0.16 | 2.9 | 1.66 | 0.15 | 0.8 | 1.69 | 0.15 | 2.5 | 0.72 |
| LDL, mmol/l | Before | 2.37 | 0.20 |  | 2.11 | 0.12 | | |  | 2.27 | 0.21 |  | 2.20 | 0.16 |  | 2.24 | 0.19 |  |  |
|  | After | 2.46 | 0.21 | 3.6 | 2.26 | 0.15 | | | 7.0 | 2.40 | 0.24 | 5.8 | 2.39 | 0.16 | 8.5 | 2.46 | 0.22 | 9.8 | 0.90 |
| VLDL, mmol/l | Before | 0.48 | 0.04 |  | 0.49 | 0.05 | | |  | 0.43 | 0.05 |  | 0.52 | 0.05 |  | 0.55 | 0.07 |  |  |
|  | After | 0.48 | 0.03 | -0.5 | 0.58 | 0.10 | | | 19.0 | 0.48 | 0.04 | 11.5 | 0.52 | 0.06 | -1.0 | 0.57 | 0.06 | 2.8 | 0.38 |
| LDL:HDL Ratio | Before | 1.6 | 0.1 |  | 1.4 | 0.1 | | |  | 1.4 | 0.1 |  | 1.4 | 0.1 |  | 1.4 | 0.2 |  |  |
|  | After | 1.6 | 0.1 | -0.6 | 1.5 | 0.1 | | | 9.6 | 1.4 | 0.1 | 1.4 | 1.5 | 0.1 | 7.9 | 1.5 | 0.1 | 6.4 | 0.75 |
| \*Mean values and standard error before and 24 h after administration of the treatment (n=5 males and 5 females for each treatment administered as a crossover design).  Abbreviations used: BUN, Blood Urea Nitrogen; LDH, Lactate Dehydrogenase; AST, aspartate aminotransferase; ALT, alanine aminotransferase; GGT, gamma-glutamyl transpeptidase, HDL, high density lipoprotein; LDL, low density lipoprotein; VLDL, very low density lipoprotein.  †*P* value for treatment effect of the difference in starting and ending values indicated by % change for each treatment.  ‡N=9.  §N=8. | | | | | | | | | | | | | | | | | | | |

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| Table S2. Blood hematology before and after administration of either CaHMB or HMB free acid.\*  (Mean values with their standard errors) | | | | | | | | | | | | | | | | | |
|  |  | CaHMB Capsule | | | HMBFA Capsule | | | HMBFA Water | | | HMBFA Gel | | | CaHMB Water | | | *P*-value† |
|  |  | Mean | SEM | % Change | Mean | SEM | % Change | Mean | SEM | % Change | Mean | SEM | % Change | Mean | SEM | % Change |
| WBC, x109/l | Before | 6.3 | 0.4 |  | 6.3 | 0.4 |  | 6.2 | 0.5 |  | 6.7 | 0.4 |  | 6.1 | 0.3 |  |  |
|  | After | 5.8 | 0.4 | -7.0 | 5.9 | 0.3 | -6.7 | 6.3 | 0.4 | 1.3 | 6.4 | 0.4 | -4.1 | 6.3 | 0.3 | 4.1 | 0.27 |
| RBC, x1012/l | Before | 4.3 | 0.2 |  | 4.4 | 0.2 |  | 4.4 | 0.2 |  | 4.3 | 0.2 |  | 4.3 | 0.2 |  |  |
|  | After | 4.4 | 0.2 | 2.5 | 4.3 | 0.2 | -1.4 | 4.5 | 0.2 | 2.7 | 4.4 | 0.2 | 2.0 | 4.4 | 0.1 | 1.9 | 0.28 |
| Hemoglobin, g/l | Before | 130 | 4.3 |  | 131 | 4.8 |  | 132 | 5.2 |  | 129 | 4.9 |  | 129 | 4.5 |  |  |
|  | After | 133 | 3.7 | 2.2 | 129 | 4.4 | -1.2 | 135 | 5.4 | 2.2 | 130 | 4.8 | 0.9 | 133 | 4.3 | 2.9 | 0.38 |
| Hematocrit, l/l | Before | 0.39 | 0.01 |  | 0.39 | 0.02 |  | 0.39 | 0.02 |  | 0.38 | 0.01 |  | 0.39 | 0.01 |  |  |
|  | After | 0.40 | 0.01 | 2.9 | 0.38 | 0.01 | -1.3 | 0.41 | 0.02 | 3.1 | 0.39 | 0.01 | 1.6 | 0.40 | 0.01 | 3.4 | 0.20 |
| MCV, μm3 | Before | 90.1 | 1.7 |  | 89.7 | 1.6 |  | 89.8 | 1.5 |  | 89.7 | 1.4 |  | 89.9 | 1.6 |  |  |
|  | After | 90.4 | 1.7 | 0.3 | 89.7 | 1.5 | 0.0 | 90.3 | 1.6 | 0.6 | 89.3 | 1.6 | -0.4 | 91.0 | 1.6 | 1.2 | 0.31 |
| MCH, pg | Before | 30.2 | 0.4 |  | 30.2 | 0.4 |  | 30.0 | 0.4 |  | 30.2 | 0.5 |  | 30.0 | 0.4 |  |  |
|  | After | 30.2 | 0.4 | -0.2 | 30.2 | 0.3 | 0.0 | 29.9 | 0.4 | -0.3 | 29.9 | 0.4 | -1.1 | 30.2 | 0.4 | 0.4 | 0.29 |
| MCHC, g/l | Before | 336 | 2.9 |  | 337 | 3.1 |  | 335 | 2.8 |  | 337 | 3.2 |  | 333 | 2.7 |  |  |
|  | After | 335 | 3.1 | -0.6 | 337 | 3.4 | 0.0 | 332 | 3.2 | -1.0 | 335 | 2.3 | -0.7 | 332 | 1.9 | -0.5 | 0.84 |
| RDW, % | Before | 13.5 | 0.3 |  | 13.6 | 0.2 |  | 13.5 | 0.3 |  | 13.4 | 0.2 |  | 13.4 | 0.2 |  |  |
|  | After | 13.5 | 0.3 | -0.3 | 13.5 | 0.3 | -0.7 | 13.4 | 0.3 | -0.6 | 13.3 | 0.2 | -0.4 | 13.4 | 0.2 | -0.4 | 0.56 |
| Platelets, x109/l | Before | 244 | 14.1 |  | 245 | 19.7 |  | 244 | 17.7 |  | 254 | 12.6 |  | 249 | 14.6 |  |  |
|  | After | 262 | 16.2 | 7.2 | 248 | 19.1 | 1.3 | 262 | 14.9 | 7.3 | 261 | 15.8 | 3.0 | 266 | 18.3 | 6.9 | 0.89 |
| Neutrophils, % | Before | 47.3 | 2.5 |  | 48.1 | 2.6 |  | 46.8 | 2.9 |  | 49.5 | 2.6 |  | 45.9 | 2.1 |  |  |
|  | After | 46.1 | 2.6 | -2.5 | 47.7 | 2.2 | -0.8 | 48.6 | 2.3 | 3.8 | 46.9 | 2.1 | -5.3 | 46.5 | 2.5 | 1.3 | 0.21 |
| Lymphocytes, % | Before | 41.6 | 2.9 |  | 41.0 | 2.4 |  | 41.8 | 2.6 |  | 39.2 | 2.1 |  | 42.6 | 2.2 |  |  |
|  | After | 42.2 | 2.5 | 1.4 | 41.0 | 1.8 | 0.0 | 39.6 | 2.3 | -5.3 | 41.2 | 2.1 | 5.1 | 41.6 | 2.9 | -2.3 | 0.24 |
| Monocytes, % | Before | 8.6 | 0.7 |  | 7.9 | 0.8 |  | 8.4 | 0.7 |  | 8.3 | 0.8 |  | 8.5 | 0.8 |  |  |
|  | After | 8.8 | 0.8 | 2.3 | 8.2 | 0.8 | 3.8 | 8.7 | 0.6 | 3.6 | 9.0 | 0.7 | 8.4 | 8.6 | 0.7 | 1.2 | 0.78 |
| Eosinophils, % | Before | 2.2 | 0.3 |  | 2.6 | 0.3 |  | 2.4 | 0.4 |  | 2.5 | 0.7 |  | 2.4 | 0.3 |  |  |
|  | After | 2.3 | 0.3 | 4.5 | 2.4 | 0.4 | -7.7 | 2.4 | 0.3 | 0.0 | 2.3 | 0.4 | -8.0 | 2.6 | 0.3 | 8.3 | 0.86 |
| Basophils, % | Before | 0.4 | 0.2 |  | 0.4 | 0.2 |  | 0.6 | 0.2 |  | 0.5 | 0.2 |  | 0.6 | 0.2 |  |  |
|  | After | 0.6 | 0.2 | 50.0 | 0.7 | 0.2 | 75.0 | 0.7 | 0.2 | 16.7 | 0.6 | 0.2 | 20.0 | 0.7 | 0.2 | 16.7 | 0.67 |
| Neutrophils, x109/l | Before | 3.0 | 0.2 |  | 3.0 | 0.3 |  | 2.9 | 0.3 |  | 3.3 | 0.3 |  | 2.8 | 0.2 |  |  |
|  | After | 2.7 | 0.3 | -7.8 | 2.8 | 0.2 | -7.6 | 3.1 | 0.3 | 6.5 | 3.0 | 0.2 | -9.7 | 2.9 | 0.2 | 5.0 | 0.19 |

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| Table S2. Blood hematology before and after administration of either CaHMB or HMB free acid. (continued)\* | | | | | | | | | | | | | | | | | |
|  |  | CaHMB Capsule | | | HMBFA Capsule | | | HMBFA Water | | | HMBFA Gel | | | CaHMB Water | | | *P*-value† |
|  |  | Mean | SEM | % Change | Mean | SEM | % Change | Mean | SEM | % Change | Mean | SEM | % Change | Mean | SEM | % Change |
| Lymphocytes, x109/l | Before | 2.6 | 0.3 |  | 2.6 | 0.2 |  | 2.6 | 0.3 |  | 2.6 | 0.2 |  | 2.6 | 0.2 |  |  |
|  | After | 2.5 | 0.2 | -5.4 | 2.4 | 0.1 | -7.0 | 2.5 | 0.2 | -6.4 | 2.6 | 0.2 | 0.8 | 2.6 | 0.2 | -0.4 | 0.70 |
| Monocytes, x109/l | Before | 0.5 | 0.06 |  | 0.5 | 0.06 |  | 0.5 | 0.06 |  | 0.6 | 0.06 |  | 0.5 | 0.06 |  |  |
|  | After | 0.5 | 0.05 | -7.5 | 0.5 | 0.05 | -5.9 | 0.5 | 0.05 | 3.9 | 0.6 | 0.05 | 7.3 | 0.6 | 0.06 | 5.8 | 0.22 |
| Eosinophils, x109/l | Before | 0.1 | 0.02 |  | 0.2 | 0.02 |  | 0.1 | 0.02 |  | 0.1 | 0.03 |  | 0.1 | 0.02 |  |  |
|  | After | 0.1 | 0.01 | -7.7 | 0.1 | 0.01 | -25.0 | 0.2 | 0.02 | 7.1 | 0.2 | 0.02 | 7.1 | 0.2 | 0.02 | 14.3 | 0.18 |
| Basophils, x109/l | Before | 0.02 | 0.01 |  | 0.02 | 0.01 |  | 0.02 | 0.01 |  | 0.02 | 0.01 |  | 0.02 | 0.01 |  |  |
|  | After | 0.02 | 0.01 | 0.0 | 0.03 | 0.02 | 50.0 | 0.02 | 0.01 | 0.0 | 0.03 | 0.02 | 50.0 | 0.02 | 0.01 | 0.0 | 0.19 |
| \*Mean values (with standard errors) before and 24 h after administration of the treatment (n=5 males and 5 females for each treatment administered as a crossover design).  Abbreviations used: WBC, white blood cells; RBC, red blood cells; MCV, mean corpuscular volume; MCH, mean corpuscular hemoglobin; MCHC, mean corpuscular hemoglobin concentration; RDW, red cell distribution width.  †*P* value for treatment effect of the difference in starting and ending values indicated by % change for each treatment. | | | | | | | | | | | | | | | | | |

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| Table S3. Comparison of main effects of CaHMB and HMB-FA when both were administered mixed in water and in capsule form.  (Mean values with their standard errors) | | | | | |
|  | CaHMB | | HMB-FA | | *P*\* |
|  | Mean | sem | Mean | sem |  |
| Cpeak (µmol/l) | 201.6 | 13.4 | 275.4 | 13.2 | 0.0007 |
| Tpeak (min) | 89.6 | 14.8 | 38.7 | 14.5 | 0.02 |
| Half-life (h) | 2.67 | 0.12 | 2.16 | 0.12 | 0.005 |
| AUC (µmol/l) x 1440 (min) | 51.36 | 1.50 | 53.55 | 1.48 | 0.32 |
| AUC (µmol/l) x 180 (min) | 21.97 | 1.41 | 28.87 | 1.39 | 0.002 |
| AUC (µmol/l) x 60 (min) | 5.52 | 0.84 | 9.96 | 0.83 | 0.001 |
| 24 h Urine HMB (% Initial dose) | 21.2 | 2.0 | 20.1 | 2.0 | 0.70 |
| Clearance (ml/min) | 62.6 | 2.7 | 74.0 | 2.6 | 0.007 |
| Least Square Means of the main effect of HMB given as the calcium salt in both capsules and mixed in water (1 g total) or the equivalent amount of HMB as HMB-FA given as both gelcaps and mixed in water (0.8 g total). A crossover design was used and all 10 subjects were administered each of the 4 treatments.  \*Probability that mean values are significantly different.  AUC, area under the curve. | | | | | |