**Supplemental Table 1. Baseline participant characteristics across diet groups.1**

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| **Characteristic** | **Control**  **(n=10)** | **Rice Bran**  **(n=9)** |
| Age (years) | 64 ± 14 (65) | 62 ± 8 (63) |
| Sex2  Males (%)  Females (%) | 4 (40%)  6 (60%) | 4 (44%)  5 (56%) |
| BMI (kg/m2) | 27.3 ± 3.3 (26.1) | 28.7 ± 5.2 (31.5) |
| Calories (kcal) | 2096 ± 818 (1894) | 1945 ± 283 (1953) |
| 1Values are reported as Average ± standard deviation (Median); unless noted.  2Values are by number of participants (percentage). | | |