Enquiries n = 153

Willing to continue with the trial n = 62

Enrolled in the study n = 32

Health, lifestyle & dietary compliance questionnaires

SF-36, Becke & DASS 21 questionnaires

GS n = 20
Control n = 12

Drop out n = 4

GS n = 16
Completed the trial Control n = 12
Completed the trial GS n = 16