

Additional file 5. Serum biochemistry at all visits for two water treatment groups

|                            |                                   | Spring Water (n = 33) |              |               |              | Supplemented Spring Water (n= 34) |               |               |               |
|----------------------------|-----------------------------------|-----------------------|--------------|---------------|--------------|-----------------------------------|---------------|---------------|---------------|
|                            | Visit                             | Day 0                 | Day 14       | Day 42        | Day 84       | Day 0                             | Day 14        | Day 42        | Day 84        |
| Bicarbonate (mmol/L)       | Mean (SD)                         | 27.6 (1.84)           | 27.9 (1.51)  | 27.7 (1.84)   | 27.6 (1.60)  | 27.9 (1.94)                       | 28.2 (1.77)   | 28.1 (2.01)   | 27.8 (1.93)   |
|                            | Change from baseline (Day 0) (SD) |                       | 0.3 (2.11)   | 0.1 (2.04)    | 0.0 (2.01)   |                                   | 0.3 (1.82)    | 0.2 (1.71)    | -0.1 (1.60)   |
|                            | *P value                          |                       |              |               |              | <i>0.511</i>                      | 0.607         | 0.624         | 0.790         |
| Corrected Calcium (mmol/L) | Mean (SD)                         | 2.31 (0.07)           | 2.32 (0.07)  | 2.32 (0.01)   | 2.29 (0.09)  | 2.32 (0.07)                       | 2.31 (0.07)   | 2.31 (0.08)   | 2.31 (0.09)   |
|                            | Change from baseline (Day 0) (SD) |                       | 0.003 (0.05) | 0.01 (0.06)   | -0.03 (0.07) |                                   | -0.001 (0.05) | -0.004 (0.06) | -0.004 (0.06) |
|                            | *P value                          |                       |              |               |              | <i>0.778</i>                      | 0.415         | 0.352         | 0.150         |
| Creatinine (umol/L)        | Mean (SD)                         | 67.06 (9.48)          | 65.33 (8.34) | 67.55 (10.65) | 66.12 (9.37) | 62.76 (9.24)                      | 65.38 (11.15) | 65.24 (10.22) | 64.82 (9.55)  |
|                            | Change from baseline (Day 0) (SD) |                       | -1.73 (5.89) | 0.48 (7.31)   | -0.94 (6.21) |                                   | 2.62 (5.15)   | 2.47 (6.38)   | 2.06 (4.77)   |
|                            | *P value                          |                       |              |               |              | <i>0.065</i>                      | 0.007         | 0.427         | 0.092         |
| Magnesium (mmol/L)         | Mean (SD)                         | 0.86(0.06)            | 0.86 (0.06)  | 0.87 (0.07)   | 0.86 (0.06)  | 0.87 (0.05)                       | 0.89 (0.06)   | 0.89 (0.06)   | 0.90 (0.06)   |
|                            | Change from baseline (Day 0) (SD) |                       | 0.003 (0.04) | 0.01 (0.04)   | 0.01 (0.04)  |                                   | 0.02 (0.04)   | 0.02 (0.04)   | 0.03 (0.03)   |
|                            | *P value                          |                       |              |               |              | <i>0.320</i>                      | 0.039         | 0.469         | 0.006         |
| Sodium (mmol/L)            | Mean (SD)                         | 139.7 (1.77)          | 139.6 (2.08) | 139.8 (1.33)  | 140.8 (2.20) | 139.1 (1.94)                      | 139.4 (2.24)  | 140.0 (2.49)  | 140.5 (2.26)  |
|                            | Change from baseline (Day 0) (SD) |                       | -0.2 (1.44)  | 0.1 (1.63)    | 1.1 (1.43)   |                                   | 0.4 (2.19)    | 0.9 (2.36)    | 1.4 (2.61)    |
|                            | *P value                          |                       |              |               |              | <i>0.146</i>                      | 0.513         | 0.265         | 0.891         |
| Potassium (mmol/L)         | Mean (SD)                         | 4.05 (0.29)           | 4.12 (0.25)  | 4.13 (0.28)   | 4.11 (0.31)  | 4.07 (0.32)                       | 4.10 (0.25)   | 4.16 (0.31)   | 4.27 (0.34)   |
|                            | Change from baseline (Day 0) (SD) |                       | 0.08 (0.29)  | 0.08 (0.25)   | 0.07 (0.29)  |                                   | 0.03 (0.35)   | 0.09 (0.36)   | 0.20 (0.41)   |
|                            | *P value                          |                       |              |               |              | <i>0.741</i>                      | 0.619         | 0.755         | <b>0.054</b>  |

\* p-value comparing groups at Day 0 (italics) and for change from Day 0 to Day14, Day 42 and Day 84

