

Supplementary Table 1 Reference ranges for body mass index and serum nutritional variables

Variables		Range
Body mass index (kg/m ²)		18.5-24.99
Hemoglobin (g/dL)	Male	13-17.5
	Female	12-16
Mean corpuscular volume (fL)		80-100
Lymphocytes (× 10 ⁹ /L)		1-4
Prothrombin activity (%)		70-130
Total proteins (g/dL)		6.4-8.3
Albumin (g/dL)		3.5-5
Prealbumin (mg/dL)		20-40
Retinol binding protein (mg/dL)		3-6
Transferrin (mg/dL)		175-365
Ferritin (µg/L)	Male	22-275
	Female	10-204
Cholesterol (mg/dL)		110-200
Triglycerides (mg/dL)		0-150
Folic acid (µg/L)		3.1-20.5
Cobalamin (ng/L)		185-880
Vitamin A (mg/L)		0.3-1
Vitamin D (ng/mL)		20-60
Vitamin E (mg/dL)		0.5-2
Phosphate (mg/dL)		2.7-4.5
Calcium (mg/dL)		8.4-10.22
Iron (µg/dL)		59-158
Zinc (µg/dL)		60-150
Magnesium (mg/dL)		1.5-2.6

Supplementary Table 2 Comparison between participants who completed the study and those lost to follow-up

Characteristic	Retained group, <i>n</i> = 66	LTFU group, <i>n</i> = 40	<i>P</i> value
Age in years, mean (SD)	47 (11)	44 (12)	0.3
Sex, <i>n</i> (%)			0.1
Male	29 (44)	24 (60)	
Female	37 (56)	16 (40)	
Smokers, <i>n</i> (%)	33 (50)	18 (45)	0.6
Alcohol consumption, <i>n</i> (%)	14 (21)	5 (13)	0.3
Fecal elastase in µg/g, median (IQR)	227.5 (253)	268 (277)	0.6
Fecal elastase group, <i>n</i> (%)			> 0.9
Normal: > 200 µg/g	39 (59)	23 (58)	
Moderate deficiency: 100-200 µg/g	13 (20)	8 (20)	
Severe deficiency: < 100 µg/g	14 (21)	9 (23)	
Gastrointestinal symptoms, <i>n</i> (%)	25 (38)	15 (38)	> 0.9
Diarrhea, <i>n</i> (%)	4 (6.1)	2 (5)	> 0.9
Abdominal pain, <i>n</i> (%)	3 (4.5)	2 (5)	> 0.9
Dyspepsia, <i>n</i> (%)	21 (32)	12 (30)	0.8
DM duration in years, mean (SD)	19 (10)	20 (8)	0.8
HbA1c as % (SD)	7.7 (1)	7.9 (1)	0.2
DM-related complications, <i>n</i> (%)	31 (47)	14 (35)	0.2
Retinopathy, <i>n</i> (%)	29 (44)	13 (33)	0.2
Kidney disease, <i>n</i> (%)	12 (18)	6 (15)	0.7
Neuropathy, <i>n</i> (%)	9 (14)	6 (15)	0.8
Cardiovascular disease, <i>n</i> (%)	1 (1.5)	0	> 0.9
BMI in kg/m ²	25.4 ± 4.4	25.0 ± 4.5	0.8

Serum nutritional markers were also similar in both groups (data not shown). BMI: Body mass index; DM: Diabetes mellitus; HbA1c: Glycated hemoglobin; IQR: Interquartile range; LTFU: Lost to follow-up; SD: Standard deviation.