

Table 2. Dietary intake and physical activity of the participants throughout the study subjects

Variables	Spirulina group (n = 36)	Placebo group (n = 37)	p^a
Energy (kcal/day)	2138.92 ± 540.58	2408.41 ± 2314.80	0.49
Carbohydrate (g/day)	311.60 ± 105.13	405.12 ± 495.94	0.26
Protein (g/day)	91.39 ± 31.84	100.5 ± 69.1	0.47
Fat (g/day)	60.97 ± 19.57	59.69 ± 20.26	0.78
Cholesterol (mg/day)	406.12 ± 295.03	365.78 ± 188.8	0.49
Linolenic fat (g/day)	29.60 ± 94.43	12.99 ± 46.01	0.34
Omega 3 (g/day)	186.44 ± 0.49.57	106.57 ± 684.86	0.32
Linoleic fat (g/day)	54.08 ± 139.51	36.32 ± 86.63	0.51
Poly fat (g/day)	15.16 ± 10.97	12.30 ± 8.14	0.21
Dietary fibre (g/day)	15.64 ± 7.06	17.98 ± 17.55	0.45
Arginine(mg/day)	491.01 ± 679.35	401.12 ± 391.46	0.49
Alanine(mg/day)	458.45 ± 660.60	400.02 ± 390.28	0.65
Glutamic Acid(mg/day)	2264.44 ± 2119.63	1890.66 ± 1541.69	0.39
Leucine (mg/day)	5776.92 ± 2208.18	5388 ± 1407.34	0.37
Methionine (mg/day)	1820.36 ± 809.611	1759.28 ± 1407.34	0.72
Calcium (mg/day)	814.46 ± 269.71	891.71 ± 415.17	0.35
Phosphorus (mg/day)	1160.54 ± 416.85	1202.33 ± 367.22	0.65
Iron (mg/day)	16.48 ± 5.58	22.1 ± 19.88	0.10
Magnesium (mg/day)	208.60 ± 83.16	238.96 ± 64.90	0.08
Zinc (mg/day)	8.77 ± 2.74	9.82 ± 2.53	0.09
B6 (mg/day)	1.37 ± 0.59	1.63 ± 0.922	0.15
B9 (Ug/day)	301.03 ± 150.05	311.56 ± 128.90	0.74
B12 (Ug/day)	4.57 ± 2.33	4.82 ± 2.37	0.65
Physical activity (MET/h/day)	24.65 ± 1.69	2397 ± 1.93	0.87

Note: Note: Variables are expressed as mean ± SD.

^aObtained from independent t test.