

Table 1. Mean and standard deviation of functional tests for number of chair stands

Group	Pre-test	Post-test	t	Intragroup P value	F	Intergroup P value
Exercise+ supplement	10.28±1.11	15.71±0.75	11.28	0.0001**	71.30	0.0001**
Exercise	10.00±0.81	16.28±1.11	14.94	0.0001**		
Supplement	9.57±0.78	9.57±1.51	0.000	1.00		
Placebo	9.85±0.69	9.71±0.95	0.420	0.689		

Table 2. Mean and standard deviation of 25-foot walk test (s)

Group	Pre-test	Post-test	t	Intragroup P value	F	Intergroup P value
Exercise+ supplement	7.67±0.63	5.66±0.52	22.95	0.0001*	98.57	0.0001**
Exercise	7.49±1.01	5.24±0.80	12.55	0.0001*		
Supplement	7.11±0.59	6.96±0.46	1.30	0.239		
Placebo	7.15±0.43	7.71±0.50	1.30	0.240		

Table 3. Mean and standard deviation of up & go tests (s)

Group	Pre-test	Post-test	t	Intragroup P value	F	Intergroup P value
Exercise+ supplement	7.94±0.64	6.63±0.82	6.41	0.0001*	18.03	0.0001**
Exercise	8.12±0.80	6.34±0.49	6.45	0.0001*		
Supplement	7.70±0.51	7.65±0.61	0.263	0.801		
Placebo	7.61±0.70	7.71±0.92	0.947	0.380		

Table 4. Mean and standard deviation of -min walk distance test (m)

Group	Pre-test	Post-test	t	Intragroup P value	F	Intergroup P value
Exercise+ supplement	274.42±11.19	301.42±11.02	13.04	0.0001*	72.97	0.0001**
Exercise	270.42±26.56	293.57±22.18	9.95	0.0001*		
Supplement	271.00±16.71	270.14±16.48	0.618	0.559		
Placebo	266.14±13.25	267.85±10.17	0.834	0.436		