

Table 1. Description of the groups based on the mean age, weight, height, waist to hip ratio, Vo₂ max, and fat percentage

Week	Exercise intensity	Exercise volume
First	65% of maximum heart rate	40
Second	70% of maximum heart rate	40
Third	70% of maximum heart rate	45
Fourth	75% of maximum heart rate	45
Fifth	75% of maximum heart rate	50
Sixth	80% of maximum heart rate	50

Table 2. Description of the groups based on the mean age, weight, height, waist to hip ratio, Vo2 max, and fat percentage

Variable/group	Mean± SD	Statistical test result
Age, year		
Placebo and exercise	22.40±1.67	$\chi^2=7.82$ df=4 p=0.10
Supplement and exercise	21.80±1.48	
Supplement	21.50±1.05	
Exercise	21.50±2.07	
Control	24.50±2.26	
Height, cm		
Placebo and exercise	158.20±6.87	$\chi^2=4.19$ df=4 p=0.38
Supplement and exercise	162±5.04	
Supplement	160.67±4.68	
Exercise	163.50±6.75	
Control	166.83±7.91	
Waist to hip ratio		
Placebo and exercise	0.81±0.04	$\chi^2=3.02$ df=4 p=0.55
Supplement and exercise	0.80±0.07	
Supplement	0.81±0.05	
Exercise	0.80±0.04	
Control	0.76±0.07	
Vo₂ max, (ml per kg of body weight)		
Placebo and exercise	32.79±2.47	$\chi^2=5.12$ df=4 p=0.28
Supplement and exercise	33.45±1.91	
Supplement	33.86±1.44	
Exercise	34.91±2.21	
Control	32.75±0.90	
Fat percentage		
Placebo and exercise	19.89±2.94	$\chi^2=3.72$ df=4 p=0.46
Supplement and exercise	20.89±4.55	
Supplement	20.46±4.12	
Exercise	17.84±4.29	
Control	21.53±3.72	

Table 3. Comparison of the mean changes of TAC plasma (u/ml) in women in the 5 groups before and after exercise

Group	Average changes in TAC (u/ml)	Mean changes in bilirubin (mg/dl)	Mean variation of uric acid (mg/dl)
Placebo and exercise	-1.42±2.52	0.05±0.23	0.89±1.21
Supplement and exercise	-0.98±2.59	-0.17±0.51	0.12±0.78
Supplement	-0.93±1.13	-0.18±0.15	0.44±0.86
Exercise	-1.35±2.40	0.06±0.22	0.18±0.50
Control	-2.32±1.95	0.07±0.15	0.06±0.76