

Appendix

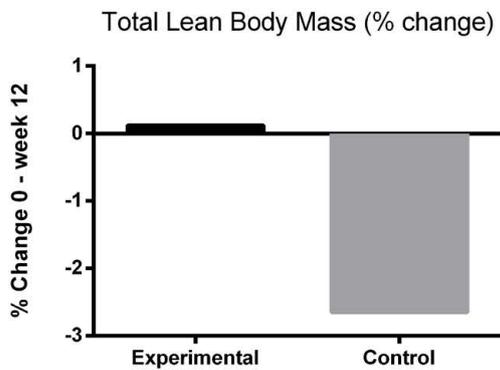


Figure 1: Comparison of Total Lean Body Mass (kg) of Experimental Protein Group and Control Protein Group % of change 0 - week 12

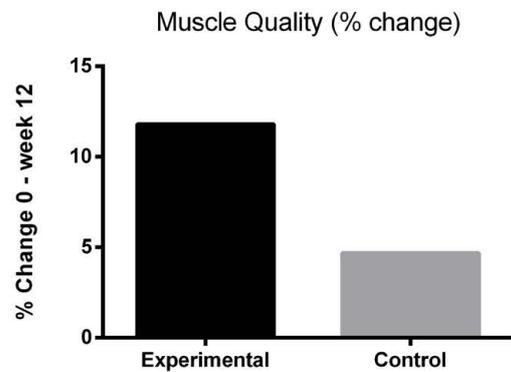


Figure 2: Comparison of Muscle Quality (grip strength/MM) of Experimental Protein Group and Control Protein Group % of change 0 - week 12

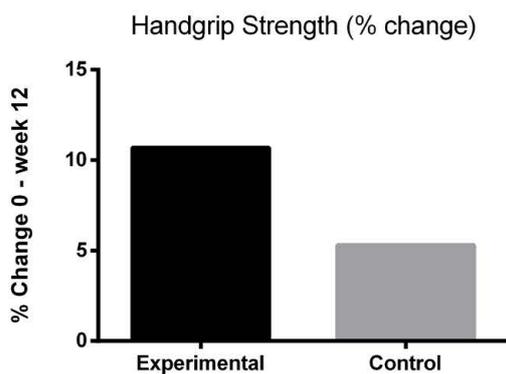


Figure 3: Comparison of Handgrip Strength (lbs) of Experimental Protein Group and Control Protein Group % of change 0 - week 12

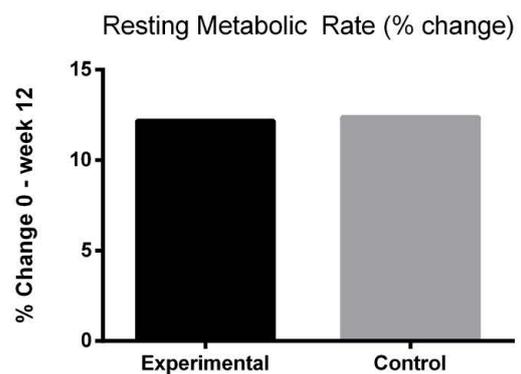


Figure 4: Comparison of Resting Metabolic Rate (kcal / Day) of Experimental Protein Group and Control Protein Group % of change 0 - week 12

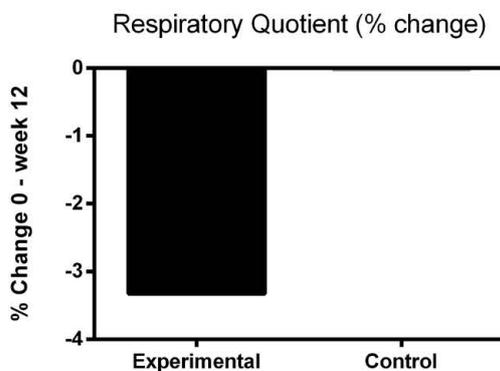


Figure 5: Comparison of Respiratory Quotient (RQ) of Experimental Protein Group and Control Protein Group % of change 0 - week 12

Total Lean Body Mass (% Participants Improved)

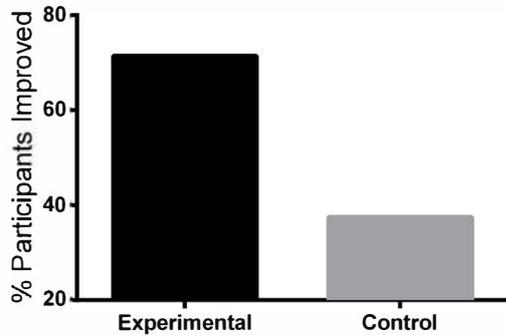


Figure 6: Comparison of Total Lean Body Mass (kg) of Experimental Protein Group and Control Protein Group % of participants who improved 0 - week 12

Muscle Quality (% Participants Improved)

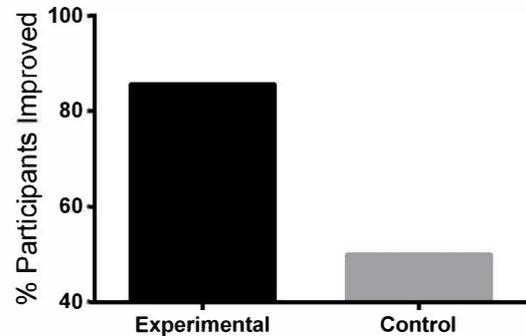


Figure 7: Comparison of Muscle Quality (grip strength/MM) of Experimental Protein Group and Control Protein Group % of participants who improved 0 - week 12

Handgrip Strength (% Participants Improved)

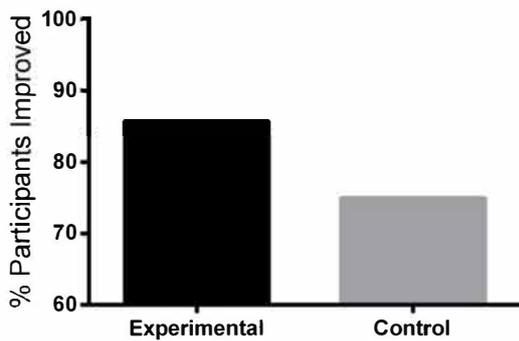


Figure 8: Comparison of Handgrip Strength (lbs) of Experimental Protein Group and Control Protein Group % of participants who improved 0 - week 12

Resting Metabolic Rate (% Participants Improved)

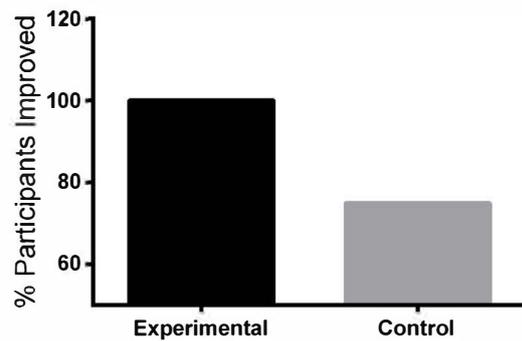


Figure 9: Comparison of Resting Metabolic Rate (kcal / Day) of Experimental Protein Group and Control Protein Group % of participants who improved 0 - week 12

Respiratory Quotient (% Participants Improved)

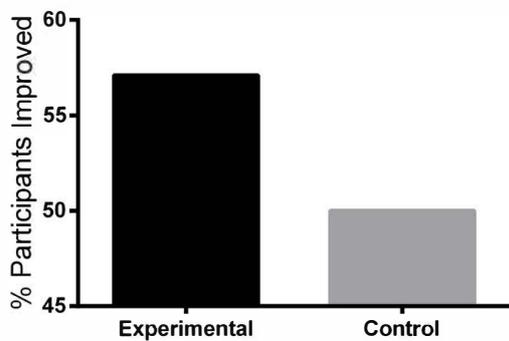


Figure 10: Comparison of Respiratory Quotient (RQ) of Experimental Protein Group and Control Protein Group % of participants who improved 0 - week 12