

Table SI. Aerobic capacity of cohorts<sup>a,b</sup>.

A, Aerobic capacity of cohort-1 (n=37) <sup>a</sup>												
Variable	Unit	Group	N	Baseline		12 weeks		Baseline vs 12 weeks		Garlic vs placebo		
				mean	SD	mean	SD	EM Means	SE	Mean diff	SE	P-value
Absolute VO <sub>2</sub> max	ml/min	Garlic	18	3596	731	3806	704	219	75	238	105	0.03 <sup>c</sup>
		Placebo	19	3344	1093	3334	1087	-19	73			
Relative VO <sub>2</sub> max	ml/kg/min	Garlic	18	45.7	10.2	48	8	2.7	1.0	2.9	1.5	ns
		Placebo	19	43.8	11.1	43.7	11.4	-0.23	1.0			
Power	W	Garlic	18	270	55.4	285	55	15.6	5.2	16.2	7.3	0.035 <sup>c</sup>
		Placebo	19	244	76	245	78	0.6	5.1			
Lactate Threshold Power	W	Garlic	18	223	47	233	47	10.6	3.8	16.9	5.4	0.003 <sup>c</sup>
		Placebo	19	201	66	195	65	-6.3	3.7			
VO <sub>2</sub> max HR	bpm	Garlic		163	18	167	13	3.9	1.4	2.7	1.9	ns
		Placebo		164	19	165	20	1.1	1.4			
Lactate Threshold HR	bpm	Garlic	18	151	17	154	15	3.2	1.5	1.3	2.0	ns
		Placebo	19	149	19	151	20	1.9	1.4			
Lactate Threshold VO <sub>2</sub>	ml/min	Garlic	18	3156	634	3368	611	238	74	269	104	0.014 <sup>c</sup>
		Placebo	19	2840	991	2833	893	-31.3	72			
Lactate Threshold %VO <sub>2</sub>	%	Garlic	18	88	5	88.6	3.8	2.5	1.1	-3.5	1.5	0.03 <sup>c</sup>
		Placebo	19	84.5	7.8	85	5	-1.0	1.0			
Aerobic Threshold Power	W	Garlic	18	171	39	185	37	16.4	5.3	16.2	7.5	0.038 <sup>c</sup>
		Placebo	19	150	61	152	55	0.2	5.2			
Aerobic Threshold HR	bpm	Garlic	18	131	19	135	17	4.6	2.1	0.4	3.0	ns
		Placebo	19	127	22	133	20	5.0	2.1			
Aerobic Threshold VO <sub>2</sub>	ml/min	Garlic	18	2544	550	2769	524	257	64	245	90	0.010 <sup>c</sup>
		Placebo	19	2272	946	2315	760	12	63			
Aerobic Threshold %VO <sub>2</sub>	%	Garlic	18	70.8	7.6	73	5.9	3.9	1.5	2.6	2.1	ns
		Placebo	19	66.8	10.9	69.7	6.5	1.2	1.4			

B, Aerobic capacity of cohort-2 (n=33) <sup>b</sup>												
Variable	Unit	Group	n	Baseline		12 weeks		Baseline vs 12 wks		Garlic vs placebo		
				mean	SD	mean	SD	EM Mean	SE	Mean diff	SE	P-value
Absolute VO <sub>2</sub> max	ml/min	Garlic	16	2583	859	2689	840	100	93	6	130	ns
		Placebo	17	2662	910	2750	828	93	90			
Relative VO <sub>2</sub> max	ml/kg/min	Garlic	16	33.2	9.5	34.6	8.7	0.8	1.2	0.9	1.6	ns
		Placebo	17	38.1	11.1	39.2	9.6	1.7	1.1			
Power	W	Garlic	16	195	65.7	203	65	7.2	4.7	3.5	6.5	ns
		Placebo	17	201	65	205	60	3.7	4.6			
Lactate Threshold Power	W	Garlic	16	145	48	151	50	6.1	2.3	6.6	3.2	0.05 <sup>c</sup>
		Placebo	17	152	53	152	50	-0.5	2.2			
VO <sub>2</sub> max HR	bpm	Garlic	16	164	17	166	17	1.4	1.7	0.9	2.5	ns
		Placebo	17	163	10	165	12	2.6	1.8			
Lactate Threshold HR	bpm	Garlic	16	145	15	153	30	7.7	4.8	8.7	6.7	ns
		Placebo	17	146	9	145	13	-1.1	4.6			
Lactate Threshold VO <sub>2</sub>	ml/min	Garlic	16	2074	603	2094	670	7.7	60.4	85.7	84.4	ns
		Placebo	17	2239	755	2150	605	-78.0	58.6			
Lactate Threshold %VO <sub>2</sub>	%	Garlic	16	81.9	8.9	77.7	7.4	-5.6	1.7	1.6	2.3	ns
		Placebo	17	84.4	5.6	78.9	5.8	-4.0	1.6			
Aerobic Threshold Power	W	Garlic	16	100.5	33	104.3	35	3.6	2.3	4.0	3.2	ns
		Placebo	17	108.2	42	107.6	37	-0.4	2.2			
Aerobic Threshold HR	bpm	Garlic	16	123.2	12	121.1	14	-2.1	1.8	-2.1	2.5	ns
		Placebo	17	122.8	11	122.8	14	0	1.7			
Aerobic Threshold VO <sub>2</sub>	ml/min	Garlic	16	1651	498	1628	556	-29.3	52	13	72	ns
		Placebo	17	1752	571	1729	460	-16.3	50			
Aerobic Threshold %VO <sub>2</sub>	%	Garlic	16	65.1	7.8	60.4	6.7	-5.1	1.5	-3.0	2.1	ns
		Placebo	17	66.3	6.3	63.7	5.5	-2.1	1.5			

<sup>a</sup>Aerobic capacity results not available for 2/39 participants in cohort-1; <sup>b</sup>Aerobic capacity results not available for 5/37 participants in cohort-2. <sup>c</sup>P<0.05; bpm, beats per minute; EM Mean, estimated marginal mean (ANCOVA) = within group mean change with baseline value as covariate; HR, heart rate; ml/min, millilitre per minute; N, sample size; ns, not significant; SD, standard deviation; SE, standard error; VO<sub>2</sub>max, Volume-Maximal-Oxygen-Consumption; VO<sub>2</sub>, Volume-Oxygen-Consumption; vs, versus; W, Watts; wks, weeks