|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **group** | **baseline** | **weight loss protocol** | **P** |
|  **(day 1-4)** | **(day 5-8)** | **(day 9-12)** | **time** | **group × time** | **group** |
| **Energy (kcal/day)** | **SP** | 3159.7 ± 102.6 | 2983.1 ± 100.4 \*  | 2744.3 ± 144.6 \*# | 2523.1 ± 153.6 \*#€ | <0.001 | 0.981 | 0.875 |
| **PL** | 3162.0 ± 68.9 | 2970.7 ± 101.9 \*  | 2750.3 ± 91.6 \*# | 2514.8 ± 127.1 \*#€ |
| **Protein (g/day)** | **SP** | 87.6 ± 3.3 | 83.5 ± 5.6 \* | 76.9 ± 3.5 \*# | 71.3 ± 5.3 \*#€ | <0.001 | 0.647 | 0.968 |
| **PL** | 89.2 ± 3.2 | 83.2 ± 5.2 \* | 76.0 ± 5.2 \*# | 70.8 ± 3.6 \*#€ |
| **Fat (g/day)** | **SP** | 80.4 ± 4.4 | 76.1 ± 6.8 ^ | 71.0 ± 6.6 \*¥ | 64.1 ± 5 \*#€ | <0.001 | 0.971 | 0.872 |
| **PL** | 80.6 ± 4.1 | 76.2 ± 8.2 | 71.1 ± 6.8 \* | 64.2 ± 6.1 \*#€ |
| **Carbohydrate (g/day)** | **SP** | 521.4 ± 27.6 | 491.1 ± 26 \* | 449.4 ± 36.3 \*# | 415.3 ± 37 \*#€ | <0.001 | 0.978 | 0.825 |
| **PL** | 519.8 ± 16.6 | 487.9 ± 32.7 \* | 451.6 ± 26.5 \*# | 413.5 ± 29.1 \*#€ |

**Table 2.** Energy and macronutrient intake. Values are expressed as means ± standard deviation. Abbreviations: SP, gradual weight loss + spirulina; PL, gradual weight loss + placebo. \* significanly less than baseline; # significanlty less than day 1-4; € significanly less than day 5-8; ^ significanly less than baseline in SP; ¥ significantly less than day 1-4 in SP.