**Body mass**

Within responders: $d = 0.04$ (very small), 95%CI [-0.4; 0.31], $p > .999$
Within non-responders: $d = -0.8$ (large), 95%CI [-1.55; -0.11], $p = 0.119$
Between responders and non-responders: $d = 0.63$ (medium), 95%CI [-0.07; 1.33], $p = 0.059$

**Body fat**

Within responders: $d = -0.07$ (very small), 95%CI [-0.43; 0.28], $p > .999$
Within non-responders: $d = -0.71$ (medium), 95%CI [-1.43; -0.03], $p = 0.162$
Between responders and non-responders: $d = 0.37$ (small), 95%CI [-0.32; 1.07], $p = 0.184$

**Waist-to-hip ratio**

Within responders: $d = -0.58$ (medium), 95%CI [-0.97; -0.2], $p = 0.021$
Within non-responders: $d = -0.35$ (small), 95%CI [-1; 0.28], $p = 0.801$
Between responders and non-responders: $d = -0.32$ (small), 95%CI [-1.01; 0.37], $p = 0.305$

**BMI**

Within responders: $d = -0.1$ (very small), 95%CI [-0.46; 0.26], $p > .999$
Within non-responders: $d = -0.94$ (large), 95%CI [-1.72; -0.21], $p = 0.078$
Between responders and non-responders: $d = 0.51$ (medium), 95%CI [-0.19; 1.21], $p = 0.076$