Assessed for eligibility (n=89)

**Enrolment**

October 2021 to February 2022

Excluded (n=18)

* Not meeting inclusion criteria (n=9)
* Declined to participate (n=4)
* Other reasons (n=5)

Allocated (n=48)

## 

Received intervention (Bahá’í) (n=23)

* Received allocated intervention: Bahá’í Fasting (n=23)
* Did not receive allocated intervention

(n=0)

* CGM assessment (n=6)
* Dietary assessment (n=6)

Allocated to control (n= 24)

* Received no intervention (n=21)
* Did not receive allocated intervention: Corona infection (n= 2),

declined to participate (n=1)

* CGM assessment (n=4)
* Dietary assessment (n=4)

Allocated to intervention (16:8) (n=24)

* Received allocated intervention: 16:8 fasting (n=22)
* Did not receive allocated intervention:

declined to participate (n=1),

had to be excluded due to elective surgery (n=1)

* CGM assessment (n=6)
* Dietary assessment (n=6)

**Allocation**

**V1-V2**

**Follow Up**

**V3**

Appeared to the follow-up (n= 21)

* Discontinued intervention/lost to follow up travelling (n= 1)
* Corona infection (n=1)

Appeared to the follow-up (n= 21)

* Discontinued intervention/lost to follow-up (n=0)

Appeared to the follow-up (n= 22)

* Discontinued intervention/lost to follow up (n= 0)

Analysed (n=21)

* Excluded from analysis (n=0)

Analysed (n= 22)

* Excluded from analysis (n= 0)

Analysed (n= 23)

* Excluded from analysis (n=0)

**Analysis**

**Supplemental Figure 1.** Trial flow diagramme.