CONSORT 2010 Checklist

Manuscript Title: Effect of a Locally Formulated Carrot–Ginger Micronutrient Supplement on Immunological and Liver Function Biomarkers among HIV Patients Receiving Antiretroviral Therapy in Kaduna State, Nigeria

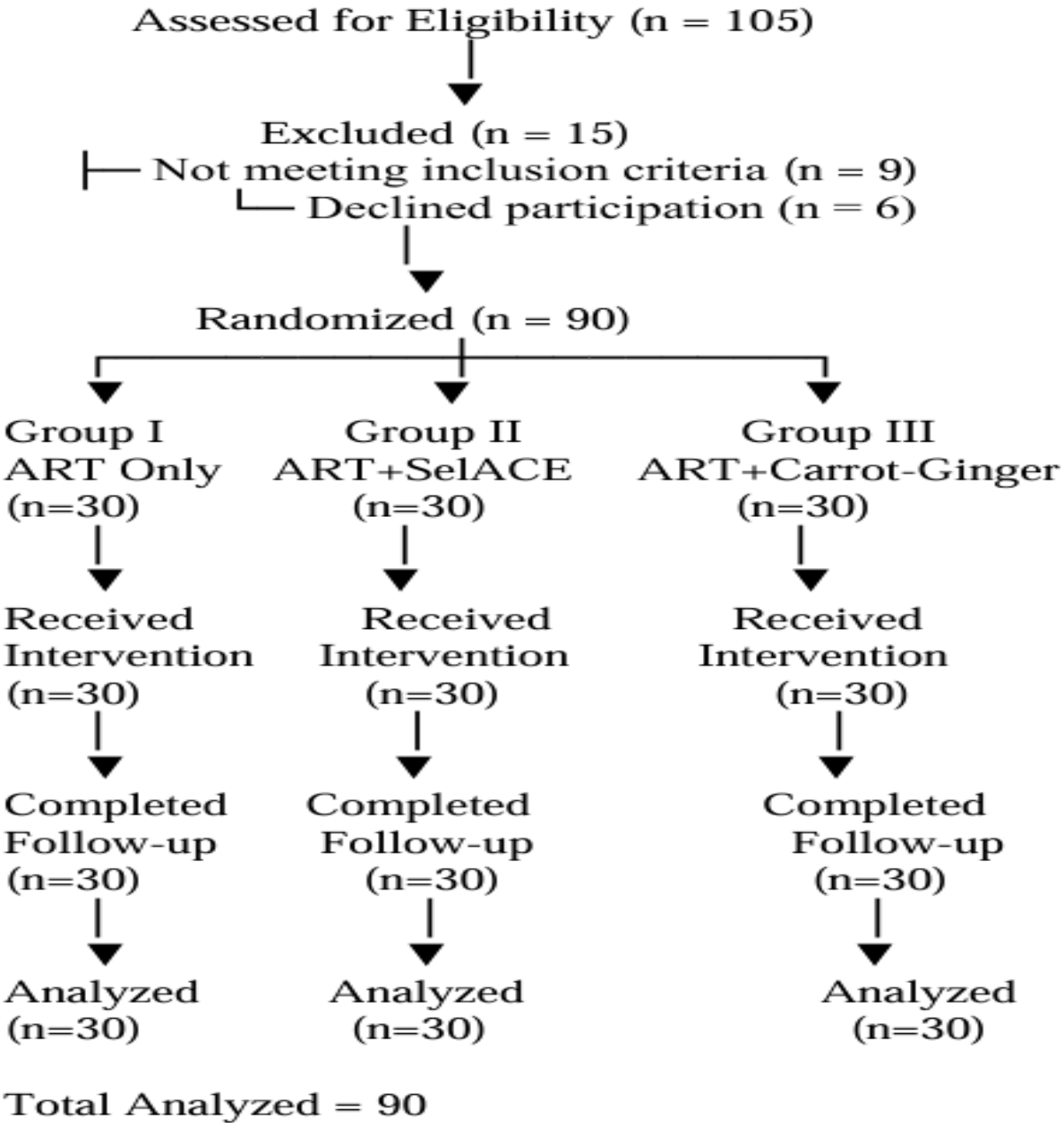
	Section/Topic	Item	Checklist Item	Reported on Manuscript
	Title and Abstract	1a	Identification as a randomized trial in the title	**Partially** (recommend adding "Randomized Controlled Trial")
		1b	Structured summary of trial design, methods, results and conclusions	Abstract
	Introduction	2a	Scientific background and rationale	Section 1
		2b	Specific objectives or hypotheses	End of Introduction
	Methods	3a	Description of trial design (parallel, allocation ratio)	Section 2.2
		3b	Important changes to methods after trial commencement	None (state "No changes were made")
		4a	Eligibility criteria for participants	Section 2.4
		4b	Settings and locations where data were collected	Sections 2.1 and 2.8
		5	Interventions for each group with sufficient details	Sections 2.3 and 2.9
		6a	Completely defined primary and secondary outcome measures	Sections 2.10 and Results
		6b	Changes to trial outcomes after commencement	None
		7a	Sample size determination	Section 2.7
		7b	Interim analyses and stopping guidelines	Not applicable
		8a	Method used to generate random allocation sequence	Section 2.3
		8b	Type of randomization and restrictions	Section 2.3
		9	Allocation concealment mechanism	Section 2.5
		10	Implementation of randomization	Section 2.3
		11a	Blinding after assignment to interventions	Section 2.6
		11b	Similarity of interventions	Section 2.9
		12a	Statistical methods for primary and secondary outcomes	Section 2.12
		12b	Additional analyses	Section 2.12 and Table 9
	Results	13a	Participant flow for each group	Figure 1
		13b	Losses and exclusions after randomization	Figure 1
		14a	Dates defining recruitment and follow-up	Section 2.8
		14b	Why the trial ended or was stopped	Completed as planned

		15	Baseline demographic and clinical characteristics	Tables 1 and 2
		16	Numbers analyzed	Figure 1; Results
		17a	Outcomes and estimated effect size with precision	Tables 4–9; Figures 2–4
		17b	Binary outcomes	Not applicable
		18	Ancillary analyses	Table 9; Figure 4
		19	Harms or unintended effects	Section 2.13
	Discussion	20	Trial limitations	Section 5
		21	Generalizability	Discussion
		22	Interpretation consistent with results	Discussion and Conclusion
	Other Information	23	Registration number and trial registry	Clinical Trial Registration section (retrospective/not prospectively registered)
		24	Protocol availability	Protocol submitted with manuscript
		25	Sources of funding	Section 9

Additional Notes

- Trial design: Parallel, three-arm randomized controlled trial.
- Allocation ratio: 1:1:1.
- Total randomized participants: 90 (30 per group).
- Follow-up period: 90 days.
- Primary analyses: Two-way ANOVA with Tukey post hoc comparisons.
- Additional analyses: Pearson correlation.
- No serious adverse events attributable to study interventions were reported.

CONSORT FLOW DIAGRAM



CONSORT participant flow diagram (Figure 1)