Supplementary Table 1. Change in the isokinetic values of the affected knee muscle function at 180º/s.

Parameter	Position	Treatment	Baseline Mean±SD	Change at 12 weeks relative to baseline Adjusted mean [95%CI] (% change from baseline)	Changes of RCE vs placebo Adjusted mean [95%CI] (% difference from placebo)	P RCE vs. Placebo
Peak Torque (Nm)	**Extension**	**Placebo**	71.56±37.59	9.29 [4.45; 14.12] (12.98%)	-4.51 [-12.36; 3.33] (-5.98%)	0.256
		RCE	75.36±38.58	13.73 [7.54; 19.92] (18.22%)		
	Flexion	**Placebo**	37.86±20.59	5.30 [1.86; 8.74] (14%)	-3.31 [-7.86; 1.24] (-8.36%)	0.151
		RCE	39.58±21.31	8.63 [5.56; 11.70] (21.80%)		
Total Work (J)	**Extension**	**Placebo**	357.73±211.21	65.28 [31.81; 98.76] (18.25%)	-52.46 [-109.2; 4.25] (-9.75%)	0.069
		RCE	537.92±196.27	118.02 [72.58; 163.45] (21.94%)		
	Flexion	**Placebo**	162.75±130.63	46.49 [24.04; 68.94] (28.56%)	-29.94 [-63.39; 3.52] (-16.71%)	0.079
		RCE	179.17±131.30	76.42 [51.43; 101.41] (42.65%)		
Mean Power (W)	**Extension**	**Placebo**	106.15±65.79	31.51 [20.12; 42.89] (29.68%)	-12.66 [-32.62; 7.30] (-11.59%)	0.210
		RCE	109.19±67.15	44.09 [27.81; 60.36] (40.40%)		
	Flexion	**Placebo**	50.72±42.90	18.75 [11.33; 26.17] (36.97%)	-6.81 [-18.36; 4.75] (-12.59%)	0.244
		RCE	54.10±42.87	25.58 [16.70; 34.46] (47.28%)		

All results are expressed as means ± standard deviation and baseline adjusted least square means [95%CI]. Values computed on ITT population by ADO approximation. ANCOVA model

RCE·: a low-fat yoghurt supplemented with a rooster comb extract rich in hyaluronic acid (65%)