

Supplementary Table 1. Changes in physical strength and laboratory values over time

Variable	Baseline	Day 7	Day 14	Day 21
Grip strength (kg/force) (R)				
Placebo	3.6 (0.7–6.5)	7.4 (4.4–10.4)	7.7 (3.7–10.7)	7.7 (4.5–11.0)
Nandrolone	8.4 (5.5–11.3)	10.3 (7.3–13.2)	11.9 (8.5–15.4)	13.3 (9.9–16.7)
Grip strength (L)				
Placebo	4.1 (0.5–7.7)	5.7 (2.0–9.4)	7.6 (3.9–11.3)	8.3 (4.5–12.1)
Nandrolone	8.5 (4.9–12.1)	11.5 (7.8–15.2)	12.2 (8.0–16.3)	16.5 (12.5–20.7)
Grip strength (R&L)				
Placebo	7.7 (1.5–13.9)	13.0 (6.7–19.4)	15.3 (9.0–23.0)	16.2 (9.4–23.0)
Nandrolone	16.8 (10.7–23.0)	21.8 (15.5–28.1)	24.1 (17.0–31.3)	29.8 (22.7–37.0)
Grip strength (R&L) adjusted ^a				
Placebo	6.7 (0.2–13.2)	11.9 (5.1–18.6)	14.2 (7.5–20.9)	15.0 (7.9–22.2)
Nandrolone	18.7 (11.5–25.9)	23.6 (16.4–30.9)	26.0 (18.0–34.1)	31.6 (23.6–39.5)
Weight (kg)				
Placebo	78.1 (63.8–92.3)	76.5 (62.2–90.7)	72.8 (58.4–87.2)	
Nandrolone	74.1 (61.3–86.9)	71.6 (58.5–84.6)	71.2 (57.0–85.5)	
Mid-Quad USS (R)				^b
Placebo	1.13 (0.9–1.4)	1.06 (0.8–1.3)	1.09 (0.8–1.4)	
Nandrolone	1.32 (1.1–1.6)	1.29 (1.0–1.6)	1.11 (0.8–1.5)	
Mid-Quad USS (L)				^b
Placebo	1.23 (1.0–1.5)	0.99 (0.7–1.2)	1.12 (0.8–1.4)	
Nandrolone	1.27 (1.0–1.5)	1.24 (1.0–1.5)	1.17 (0.9–1.5)	
2/3 Quad USS (R)				^b
Placebo	0.95 (0.7–1.2)	0.83 (0.6–1.1)	0.94 (0.7–1.2)	
Nandrolone	1.07 (0.8–1.3)	1.10 (0.9–1.3)	0.84 (0.6–1.1)	
2/3 Quad USS (L)				^b
Placebo	1.02 (0.8–1.2)	0.83 (0.6–1.0)	0.97 (0.7–1.2)	
Nandrolone	0.99 (0.8–1.2)	1.01 (0.8–1.2)	1.03 (0.8–1.3)	
Biceps (cm) (L)				^b
Placebo	28.8 (25.2–32.4)	28.8 (25.2–32.4)	26.3 (22.4–30.3)	
Nandrolone	27.8 (24.7–30.8)	26.6 (23.3–29.8)	26.5 (22.7–30.3)	
Biceps (cm) (R)				^b
Placebo	29.5 (25.9–33.0)	28.9 (25.4–32.5)	26.3 (22.5–30.1)	
Nandrolone	28.1 (25.1–31.1)	26.2 (23.0–29.3)	26.2 (22.6–29.7)	
Blood parameter				
Haemoglobin				
Placebo	94.2 (85.9–102)	95.3 (86.8–104)	95.3 (86.8–104)	90.4 (81.7–99.1)
Nandrolone	84.7 (76.5–93)	91.2 (82.9–99.5)	91.2 (82.9–99.5)	95.7 (86.8–105)
ALT				
Placebo	115.4 (82.0–149)	55.8 (20.4–91.3)	30.1 (–7.9–68.0)	39.5 (–1.8 to 80.7)
Nandrolone	55.9 (22.7–89.2)	41.9 (8.5–75.3)	34.4 (–3.7–72.5)	28.0 (–35.3 to 91)
Triglycerides				
Placebo	2.2 (1.3–3.2)	2.2 (1.2–3.2)	2.5 (1.5–3.4)	2.2 (1.2–3.2)
Nandrolone	2.0 (1.1–2.9)	2.3 (1.4–3.2)	2.3 (1.3–3.3)	1.9 (0.9–2.9)
LDL				
Placebo	2.5 (1.8–3.3)	2.5 (1.7–3.3)	2.7 (2.0–3.5)	2.8 (2.0–3.6)
Nandrolone	1.4 (0.7–2.1)	1.8 (1.1–2.5)	1.3 (2.0–3.6)	1.6 (0.7–2.4)
Albumin				
Placebo	30.8 (27.9–33.8)	30.0 (26.9–33.2)	31.1 (27.8–34.4)	31.8 (27.9–35.7)
Nandrolone	30.1 (27.1–33.1)	32.2 (29.1–35.3)	30.4 (27.0–33.9)	32.8 (27.9–37.8)
Creatinine				
Placebo	80.3 (36.5–124)	87.1 (41.7–132)	61.4 (14.3–108)	52.4 (–2.0 to 106.9)
Nandrolone	175 (131.2–218.7)	166.4 (123–210)	139 (91.9–186)	102.5 (30.5–175)

Values are presented as mean (95% confidence interval). Ultrasound measurements are in cm.

ALT –alanine aminotransferase–LDL –low density lipoprotein

^aAdjusted for calorie and protein intake; ^bInsufficient data points for inclusion in table.