

Supplementary Methods:

Calculation of normalised protein catabolic rate (nPCR) and protein catabolic rate from Urinary urea nitrogen

Normalised Protein catabolic rate (nPCR) was determined in all patients. For this, blood samples were collected from the dialysis access at the end of the first dialysis session of the week and just before the initiation of the second dialysis session of the week (interval of approximately 44 hours in patients who were on thrice a week treatment and 92 hours for those on twice a week treatment) for Blood Urea Nitrogen (BUN) estimation. Protein catabolic rate (g/kg/day) - was calculated using the formula:

$$\text{Protein Catabolic Rate} = 0.22 + (0.036 \times \text{Interdialytic rise in BUN (midweek)} \times 24) / \text{Interdialytic interval in hours}$$

Where the interdialytic rise in BUN (midweek pre-dialysis BUN minus the one to two-minute post-dialysis BUN from the preceding dialysis in thrice a week dialysis; the beginning of the week pre-dialysis BUN minus the one to two-minute post-dialysis BUN from the preceding dialysis in twice a week dialysis) is expressed in mg/dl. BUN (mg/dl) was calculated as = Urea (mg/dl)/ 2.1428

Patients with residual renal function, defined as urine output of more than 100ml/day, were asked to collect the entire urine in the interdialytic period (between the beginning of the week dialysis and midweek dialysis in twice weekly, Preceding week dialysis and the beginning of the week dialysis in twice weekly dialysis). Urine Urea was estimated from the cumulative sample collected in the interdialytic period. Urinary urea nitrogen was calculated as Urinary Urea (mg/dl)/2.1428. The protein catabolic rate calculated from Urinary urea nitrogen using the formula $\text{Urinary Urea Nitrogen (g)} \times 150 / \text{interdialytic interval (hrs)} \times \text{dry weight (kg)}$ was added to the protein catabolic rate calculated from BUN to determine the actual (plasma + urine) Protein Catabolic Rate in patients with residual renal function.