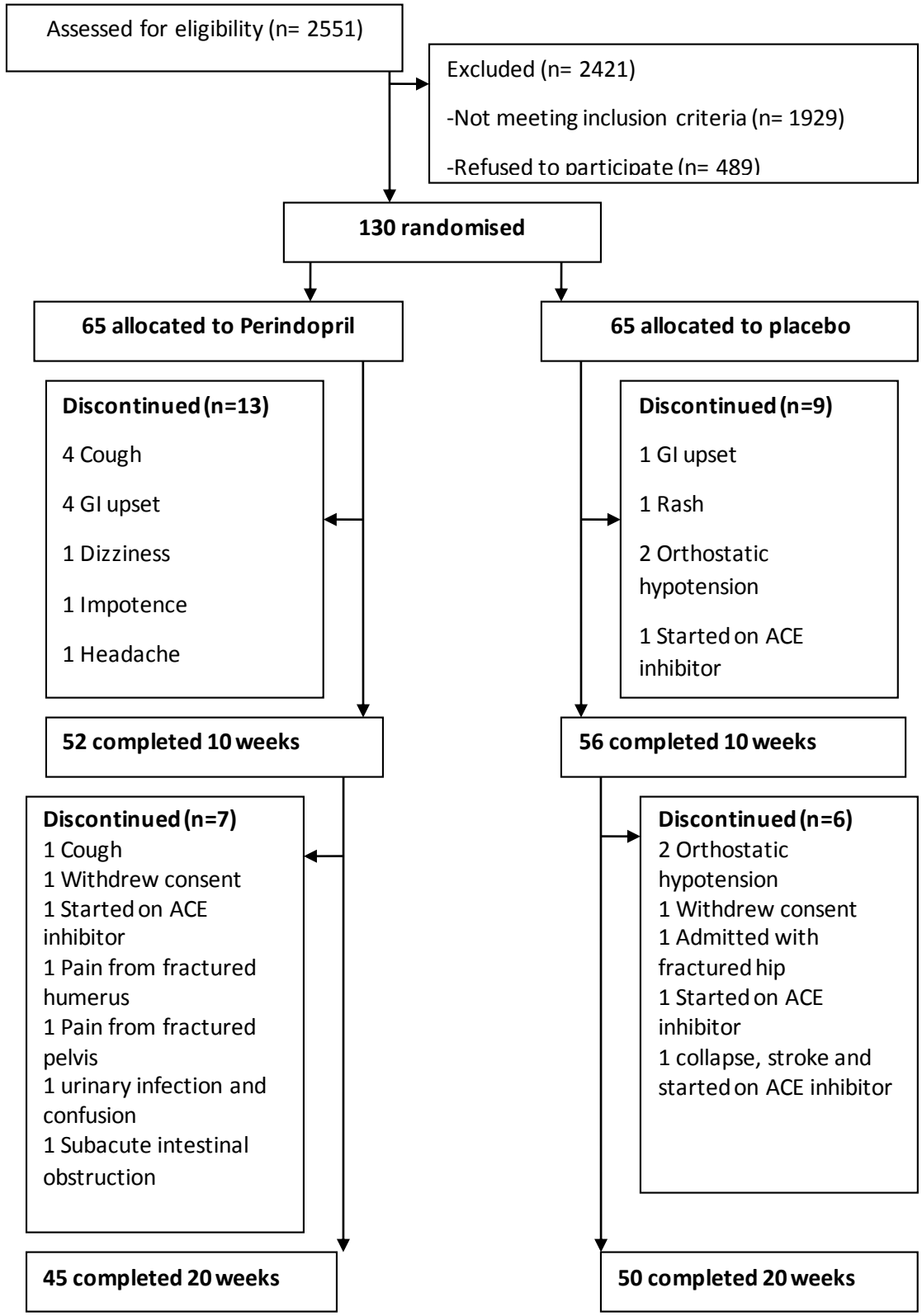
Participant Flow



Baseline characteristics

	Perindopril (n=65)	Placebo (n= 65)
Mean Age (years) (SD)	78·6 (6·1)	78·7 (7·1)
Male sex (%)	17 (26)	21 (32)
Smoking status		
Current smoker (%)	10 (15)	8 (12)
Ex smoker (%)	25 (39)	23 (35)
Never smoked (%)	30 (46)	34 (52)
Past Medical History		
Falls (%)	9 (14)	3 (5)
Hypertension (%)	37 (57)	26 (40)
Ischaemic heart disease (%)	13 (20)	13 (20)
Peripheral vascular disease (%)	9 (14)	3 (5)
Stroke (%)	4 (6)	6 (9)
Diabetes mellitus (%)	1 (12)	5 (8)
Parkinson's Disease (%)	7 (11)	7 (11)
Medications		
Total number prescribed (SD)	5·5 (2·7)	4.3 (2·7)
Cardiovascular		
-Diuretics Loop (%)	11 (17)	8 (12)
Thiazide (%)	16 (25)	6 (9)
Potassium sparing (%)	5 (8)	2 (3)
Spironolactone (%)	2 (3)	0 (0%)
-β-blocker (%)	11(17)	12 (19)
-Calcium antagonist (%)	5 (8)	3 (5)
-Nitrate (%)	9 (14)	6 (9)
-Statin (%)	10 (15)	11 (17)
Walking aid use		
Stick (%)	27 (42)	24 (27)
Zimmer frame (%)	1 (2)	2 (3)
Triwheel walker (%)	3 (5)	6 (9)
Blood pressure		
Systolic (mmHg) (SD)	146 (16)	145 (15)
Disatolic (mmHg) (SD)	77 (9)	80 (9)
Blood results		
Serum Potassium (mmol/l) (SD)	4·2 (0·4)	4·3 (0·4)
Serum Creatinine(µmol/l) (SD)	96 (21)	95 (22)
Median BNP (pmol/l) (IQR)	18 (10-34)	17 (9-28)
Creatinine clearance (ml/min/1.73m^2)* (SD)	46·8 (14·3)	49·7(18·0)
ACE genotype II:ID:DD (%)	26:51:23	26:57:17
Median MMSE median (IQR)	29 (27-30)	29 (28-30)
Weight (Kg) (SD)	64·5 (14·1)	65·6 (12·8)

Six minute walk distance (m) (SD)	294 (99)	304 (110)
Median Timed get-up-and-go (s) (IQR)	13.0 (10.5 to 17.2)	12.7 (9.8 to 16.4)
Sit to stand test (s) (IQR)	37 (29 to 47)	38 (31 to 47)
NEADL (SD)	47.5 (10.3)	47.6 (10.7)
Median EQ-5D (IQR)	0.69 (0.59 to 0.81)	0.73 (0.62 to 0.85)
Mean EQ-VAS (SD)	68 (17)	70 (16)
Mean Activity counts/day (SD)	98008 (46756)	108514 (53865)

*Cockcroft Gault formula

EQ5D: EuroQoL 5 domain scale

VAS: Visual analogue scale

NEADL: Nottingham extended activities of daily living score

ACE: Angiotensin converting enzyme

MMSE: Mini-mental state examination

Outcome measures
Change between baseline and 20 weeks

	Perindopril (n=45)	Placebo (n=50)	Treatment effect (95% CI)	P
Primary outcome				
Six minute walk distance (m)	24.6	-6.8	31.4 (10.8 to 51.9)	0.003
Secondary outcomes				
Change in Sit to stand (s)*	-2.7	0.4	-3.1 (-7.5 to 1.3)	0.17
Change in Timed up and go (s)*	-0.6	0.7	-1.3 (-2.8 to 0.2)	0.08
Change in NEADL	0.7	-1.9	2.6 (-1.1 to 3.6)	0.29
Change in EQ-5D	0.01	-0.08	0.09 (0.00 to 0.17)	0.046
Change in EQ-VAS	-3.8	-4.2	0.4 (-6.7 to 7.5)	0.92
Change in activity counts/day	-8168	-15819	7651 (-1137 to 26672)	0.43

Adverse events

	Perindopril	Placebo
Gastrointestinal upset	7	3
Cough	9	0
Syncope / orthostatic hypotension	1	4
Fall	10	18
Fragility fracture	3	2
Rectal prolapse	1	0
Cataract surgery	1	0
Pancreatitis	2	0
Subacute intestinal obstruction	1	0
Stroke	0	1
Chest infection	0	2
Cellulitis	0	1
Trigeminal nerve surgery	0	1
Impotence	1	0
Headache	1	0
Urinary tract infection	1	0
Rash	0	1
Hyponatremia	0	1